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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

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TWO QUINCY YOUTH hockey teams recently won championships competing in the Premier Hockey League of New England. Here the Quincy U12 67's celebrate their PHL title. Coaches Paul Markarian, Rob Ilacqua and Jason Altavesta. Players: Sal Altavesta (G), Bernie Anderson, David Boyd, James Lacey, Matt Feroli, Brendan Glynn, Jack Grazioso, Cooper Ilacqua, Sam Kendrick, Bridget Knox, Madison Markarian, Michael Mathewson, PJ Matthews, Ronan Packard and Michael Vinitsky.



QUINCY U13 67'S also took home a PHL championship trophy. Coaches: Bill Murphy and John Doyle. Players: Will Murphy, Michael Doyle, Luke Freeman, Shawn Nicholas, Tyler Hogan, Luke Tonello, Brodie Miller, Brendan Drinkwater, Johnny O'Connor, Donny Wakening, Colin Fennel, Rory Gotham, Max Lamonica, Matt Curtain, Myles Ryan. Best fans: Lyly McDonough, Genevieve Murphy and Addy Miller.

Courtesy Photos

Two QYH Teams Win Championships

A huge shout-out as some shiny new hardware is making its way back to Quincy Youth Arena and will be on display in the rink lobby.

Both the U-13 and U-12 67's teams won their respective NEPHL Championship games with the U-13s 67's pulling off the victory over the Hawks and the U-12 67's defeating the Vikings in a thriller. Building the 67's program has been a labor of love for the game of hockey over the past two years for the bulk of both of these squads with some unbelievable strides taken in that time.

Congrats Boys and Girls and thank you to the best fans

around cheering these teams on to victory.

Quincy 67's will field four teams for the 2023/2024 season - U12, U13, U14 and U16 (half season) and looks forward to another successful year of hockey. The 67's are a local club team option open to all surrounding town players that are looking to play for a competitive, convenient, affordable and fun team.

For tryout registration, program information and tuition visit www.quincyouthhockey.net > 2023/2024 season or contact director of hockey, Matt Gibbons, at director@qyha.net.

Councillors Seek Review Of Zoning Code, Map

By SCOTT JACKSON

City councillors want the administration to begin a review of Quincy's zoning code and zoning map, which would be the first comprehensive look at zoning in the city in half a century.

The City Council on Monday unanimously approved a resolution - introduced by Councillors Nina Liang, Noel DiBona, David

McCarthy, Anthony Andronico, James Devine and William Harris - that asks the administration to start the process of reviewing the city's zoning code and maps.

In their resolution, councillors state that the last citywide zoning review was completed in 1970 and that 295 "isolated but important"

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Chen-Baryza CVTE Student Of The Year

QHS Senior Recognized For Work In Metal Fabrication Program

By SCOTT JACKSON

A senior at Quincy High School who studies both metal fabrication and engineering, Madeline Chen-Baryza has been named the school district's Career Vocational and Technical Education Student of the Year.

Chen-Baryza was honored as the CVTE Student of the Year during the March 8 meeting of the School Committee. The five other finalists for the award, including seniors from both high schools, were recognized that evening as well.

A graduate of the Merymount Elementary School and Central Middle School, Chen-Baryza was recognized for her work in the metal fabrication program



CHEN-BARYZA

at Quincy High School. She told the committee she decided to study metal fabrication after taking that class as part of freshman seminar.

"I selected this course

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 Celebrating Women's History Month - Page 10
 Free Jacks Down NY In Rugby - Page 19

More Quincy news:

The Quincy Sun.com



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Registration Open For Stop The Stigma 5K Road Race

Proceeds From Interfaith Social Services' 5K Provide Mental Health Counseling Sessions For Those In Need

Hundreds of runners and walkers will join together April 29 in North Quincy to take a stand against mental health stigmas and support those experiencing mental illness and addiction. Interfaith Social Services' annual Stop the Stigma 5K raises critical funds for their New Directions Counseling Center, allowing hundreds of individuals and families to get the mental health care they need, regardless of income.

New Directions serves anyone seeking counseling but prides itself on being a safety net for the uninsured and underinsured members of the community by offering services on a sliding scale fee system. To further break down barriers to receiving treatment, new clients to the New Directions Counseling Center receive their first four sessions free of charge.

Proceeds from the annual Stop the Stigma 5K help offset the cost of thousands of mental health counseling sessions each year for clients across the South Shore. A single 5K registration alone funds one counseling session for a neighbor in need.

"Although it is crucial that we raise funds at this event to cover the costs



RUNNERS TAKE OFF at the start of a previous Stop the Stigma 5K race. Interfaith Social Services' annual 5K raises funds for their New Directions Counseling Center. This year's race will be April 29 at the Kennedy Center in North Quincy. Photo Courtesy Hurley Event Photography

of treatment for our loved ones who are suffering, it is equally as important that we are raising awareness," said Paula Daniels, director of Development of Interfaith Social Services and Stop the Stigma 5K's Race Director. "Our 5K helps people proclaim that there is no shame in having a mental illness and is it okay to ask for help."

This year's Stop the Stigma 5K will be held Saturday, April 29 at the Kennedy Center in North Quincy. The 5K route winds through the Squantum neighborhood, with picturesque views of the Harbor and Boston's skyline.

All participants registering before March 24 will receive a race t-shirt. Registration is open now at StopTheStigma5k.org.

The 2023 Stop the Stigma 5K is sponsored by many generous local businesses, including 5K Level Sponsors Arbella Insurance Foundation and The Heritage Companies; Gold Level Sponsors Beth Israel Deaconess Hospital - Milton, Colonial Federal Savings Bank, J. Calnan & Associates, New England Medical Group, South Shore Bank and Summit Energy; and Silver Level Sponsors Bank of Canton, Blue Cross Blue Shield of Massachu-

setts, First Congregational Church UCC of Randolph, FoxRock Properties, IntelCare, Keohane Funeral Home, Law Offices of William T. Kennedy, P.C., Lawson & Weitzen, LLP, Lombardo's Hospitality Group, Point32Health, SIGNET Electronic Systems, South Shore Health and United Healthcare. Gold Medal Bakery & Bagel Boy is kindly providing bagels and



JACQUELINE BARR, of Boston, raises her arms in victory as she comes into the scenic home stretch of the 2022 Stop the Stigma 5K. This year's race will take place April 29 in Quincy and supports Interfaith Social Services' New Directions Counseling Center. Photo Courtesy Rocky Taverna

Polar Beverages will be donating water for race participants.

Interfaith Social Services provides South Shore residents with the resources necessary to support a healthy and fulfilling life. Their programs include one of the largest emergency food programs in Greater Boston as well as a mental

health counseling center, homelessness prevention program, the Bureau Drawer Thrift Shop and seasonal initiatives bringing joy to children and families in need.

To find out more about Interfaith's programs, visit InterfaithSocialServices.org.

Quincy Pride To Award Four \$500 Scholarships; Applications Due May 12

Quincy Pride will award four graduating seniors - two from each high school - that exemplify its values with \$500 scholarships toward their higher education and/or future endeavors.

"Students who identify as LGBTQIA+ or are al-

lies, or who work towards making Quincy and the South Shore a more inclusive community are encouraged to apply," said attorney Richard Ash, president of Quincy Pride. Last year was the group's first year giving out scholarships.

Email 500-word statements demonstrating why you think you are the best candidate deserving of one of Quincy Pride's high school scholarships. Statements are to include LG-BTQIA+ efforts performed toward promoting equality through activism in the community. Students should also highlight any efforts planned to further contribute to this type of work within their respective higher education paths.

Applications are to be emailed to scholarships@quincypride.com by May 12.

Students must have a B average and should be available on June 4, to be acknowledged during Quincy Pride Day 2023.

City of Quincy 2023 DOG LICENSE




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Board OKs 46 Units In West Quincy

By SCOTT JACKSON

The city's zoning board has approved a proposal to construct a 46-unit residential building at the intersection of Furnace Brook Parkway and Copeland Street despite opposition from area residents.

The Zoning Board of Appeals on March 7 held a public hearing on Robert Beniers' proposal to construct the 46-unit building at 1234-1244 Furnace Brook Parkway and 211 & 217 Copeland St. The project site contains 52,427 square feet

of land, roughly 1.2 acres, and is zoned Residence B. The site is currently home to Beacon Sporting Goods, which Beniers owns, and one- and two-family houses.

The project had been approved by the Planning Board in October.

Speaking during the March 7 meeting, Beniers' attorney, Rob Fleming, told the board his client cares about the community.

"He's been a real pillar here in the city of Quincy for youth sports. He ran

Cont'd On Page 4

Billings Creek Tour Saturday

The Department of Natural Resources Environmental Treasures Program invites the public to a free tour exploring Billings Creek on Saturday, March 25 at 2 p.m.

Space is limited and registration is required by emailing sowen@quincy-ma.gov.

The tour will circumnavigate the creek exploring some of its ecology, history and the environmental activism that led to the preservation of part of the area and the loss of other parts to development. Features of the tour include visiting one of the best birding spots in Quincy to see shorebirds, two osprey nests, a little known conservation area containing the remains of munition bunkers from the

Squantum Naval Air Station and a nice walking/bike path along beautiful salt marshes.

The terrain is flat on primarily paved surfaces. Tour is 3 miles and will take approximately two hours. Meeting place and other details will be provided upon registration.

This walk is part of a series exploring the Neponset River. On Thursday, April 6 at 7 p.m. there will be a free talk at the Thomas Crane Library, 40 Washington St., by Andres Ripley of the Neponset River Watershed Association about the Neponset River and the Association's work to protect it.

No registration is required to attend the library program.

Lost Towns Of The Swift River Valley March 29

The Thomas Crane Public Library, 40 Washington St., Quincy, invites the public to join author Elena Palladino on Wednesday, March 29, from 7 to 8 p.m. for a look inside the Lost Towns of the Swift River Valley.

In April 1938, Swift River Valley residents held a farewell ball to mark the demise of the quintessential New England town of Enfield and its three smaller neighbors, Greenwich, Dana and Prescott. The Commonwealth of Massachusetts was sacrificing these towns to build the Quabbin, a massive reservoir of drinking water for residents of Boston.

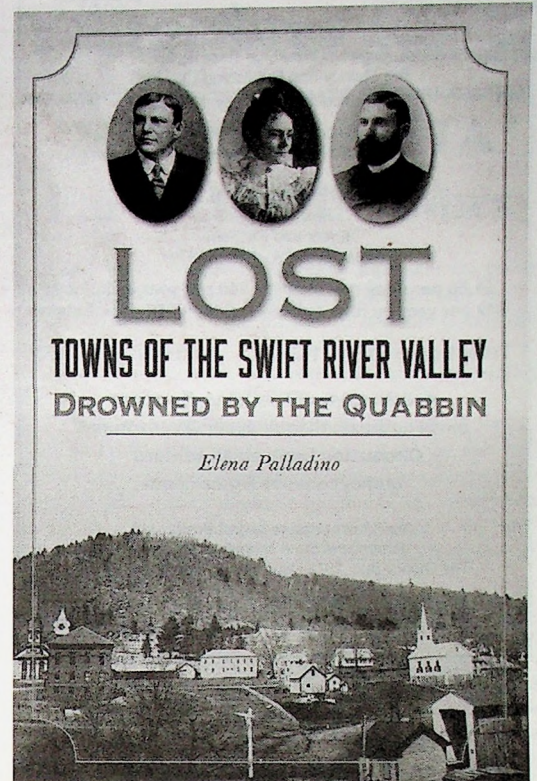
Three prominent residents attended the somber occasion. Marion Andrews Smith was the last surviving member of an important manufacturing family. Willard "Doc" Segur was the valley's beloved country doctor and town leader. And Edwin Henry Howe was Enfield's postmaster and general store proprietor. They helped build their beloved

community for decades, only to watch grief-stricken as it was destroyed by 412 billion gallons of water. Author and historian Elena Palladino recounts the story of these communities as seen through the eyes of those who lived there until the end.

Elena Palladino grew up in Sturbridge and now lives with her family in Marion Smith's former home in Ware. She holds a BA in English from Simmons College, an MA in literary and cultural studies from Carnegie Mellon University and an EdM in higher education from Harvard University. She works in higher education in Western Massachusetts. This is her first book. For more information or to connect with Elena, visit <https://QuabbinHouse.com> or @quabbinhouse on Instagram.

The book will be available for purchase at the event.

The program is sponsored by the Friends of the Thomas Crane Public Library.



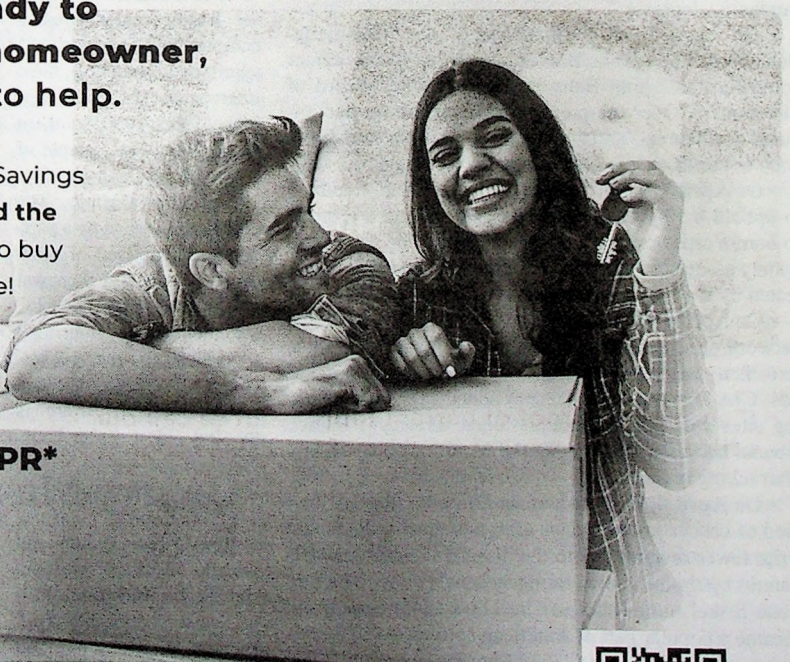
THE THOMAS CRANE Public Library, 40 Washington St., Quincy, invites the public to join author Elena Palladino on Wednesday, March 29, from 7 to 8 p.m. for a look inside the Lost Towns of the Swift River Valley. Courtesy Photo

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Moments in time

THE HISTORY CHANNEL

• On April 6, 1896, the first modern Olympic Games opened in Athens more than 1,500 years after the last Games, which originated in Olympia in southwestern Greece. Two hundred and forty-one athletes from 14 countries took part.

• On April 5, 1955, Winston Churchill, who was instrumental in initiating the alliance between the U.K., the U.S. and the Soviet Union against Nazi Germany, resigned as prime minister of the U.K. His political career spanned half a century.

• On April 3, 1973, Motorola employee Martin Cooper made the first public mobile telephone call, on a Manhattan sidewalk, to Joel Engel of Bell Labs. Cooper later told the BBC that his first words were, "Joel, I'm calling you from a 'real' cellular telephone. A portable handheld telephone."

• On April 8, 1974, Hank Aaron, aka "Hammerin' Hank," of the Atlanta Braves struck his 715th career home run, smashing Babe Ruth's legendary record of 714 homers. Over the preceding winter, Aaron had endured death threats and hate mail from people who didn't want to see that record broken by a Black man.

• On April 7, 2003, the U.S. Supreme Court voted 6-3 to uphold a 50-year-old Virginia law making it a crime to burn a cross as an act of intimidation. The practice is widely associated with the Ku Klux Klan and is still protected by the First Amendment at Klan rallies.

• On April 9, 2009, the U.S. stopped running its global network of secret prisons used to detain and interrogate terrorism suspects, sometimes with "torturous" methods. CIA Director Leon Panetta added that any remaining sites would be decommissioned. President Barack Obama had promised to shut the facilities down shortly after taking office.

• On April 4, 2013, American film critic Roger Ebert died of cancer just two days after announcing he would write fewer reviews due to the disease's recurrence. His thumbs up/thumbs down rating system with fellow critic Gene Siskel turned the pair into household names and became a popular part of American culture.

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• Birds may reject a birdhouse placed near food or water, as these attract raccoons and rats that will eat birds and their eggs.
• Claw marks on the house's surface or nesting material pulled from the entrance will show you these predators are around and can easily reach the birdhouse.
• By mounting the house away from food on a metal pole, rather than on a tree or hanging it on a branch. Smear the entrance with a petroleum jelly/hot pepper mixture and spread sharp gravel around the base to discourage intruders.

Florida Winter

Source: www.all-birds.com

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Board OKs 46 Units In WQ

Cont'd From Page 3

Beacon Sporting Goods for a number of years. Myself, as I skated back in the day, had my own skates sharpened there as well. He's been a real true asset to the city of Quincy with his business, with his property here, raised his family here in the city of Quincy," Fleming said.

"I hope the board will not look at Mr. Beniers as just your typical developer here proposing this particular residential structure. He cares about the city. He would not do anything that is going to be a real detriment to the city."

The proposed new building would stand five stories tall, with parking on the two lower floors of the structure. A total of 102 parking spaces would be provided on site, including surface spaces and those within the building, which Fleming said meets the zoning requirement for parking in a Residence B district.

The units will be evenly split between those with two bedrooms and those with

one bedroom, Fleming said. He later added that the units would likely be sold as condominiums.

Jason DeGray, the applicant's traffic engineer, said the new development would increase traffic by 16 vehicle trips during the peak hour in the morning and 21 vehicle trips during the peak hour in the evening. By comparison, he said roughly 1,700 to 1,800 vehicles travel through the intersection of Copeland Street and Furnace Brook Parkway during each rush hour.

"The total number there is 1,700 or 1,800 give or take vehicles in the hour that pass through that entire intersection. We're talking, total trips this site would contribute, 16 or 20, so it's not even 1 percent at one of those peak hours," DeGray said.

During the previous zoning board hearing on the project in November, a half dozen residents spoke out against the proposed building, citing its size and potential impact on traffic. The board did not allow ad-

ditional public comments from residents at the March 7 meeting; Brian Radell, the board's vice chairperson, said no public comments were taken because the project had not changed since the prior hearing.

Two city councillors who were present at the meeting were both allowed to give their comments.

Ward 4 Councillor James Devine said residents were concerned about the size of the building and its impact on traffic.

"Some constituents are really upset about the traffic and the density of the project," he said.

Councillor Anne Mahoney pointed to statements made by zoning board members at the November hearing that raised concerns about the size of the proposal. She said that nothing about the developer's proposal had changed since November.

"These are your quotes that I'm quoting to you. Nothing has changed in this plan. The public is not being allowed to come up and

speak...These are real concerns and we are impacting the people who live in the city," Mahoney said.

"I appreciate the fact that the person who is developing it was a businessperson in the city of Quincy - I also frequented the store - but that also doesn't mean when they come before you we take the rules off the table because they were good businesspeople."

In the end, the board voted 4-1 to approve the request, with John Himmel voting in opposition.

Martin Aikens, the board's chairperson, said the project would help spruce up a gateway to the city.

"I think that's going to clean up a lot of mess down there, and it is a mess. It is a mess down there and it looks ugly," Aikens said. "When you come into Quincy, you need something... that looks nice."

In response, Himmel said that "with the amount of traffic there, you're going to spend a lot of time looking at it."

1000 Southern Artery Safety Meeting March 27

The Quincy Police Department will hold a safety meeting at 1000 Southern Artery on Monday, March 27.

The meeting will begin at 10:30 a.m. that morning in the South Wing Auditorium within the housing complex.

1000 Southern Artery is the largest senior housing complex in Quincy, with 641 apartments spanning three interconnected buildings. Since 1966, 1000 Southern Artery has been a staple of Quincy Point, and the City of Quincy as a whole. The complex is owned by a partnership comprised of 1000 Southern Artery Renewal LP, and 1000 SA GP LLC (or "Foundation Housing") according to the Massachusetts Secretary of State. "1000 Southern Artery is the 2nd oldest senior hous-

ing in the State but has been maintained over the years in a way that provides safe, affordable, and attractive senior housing," according to its website, www.1000sasc.org.

However, recently residents voiced a number of serious safety concerns. Such concerns include but are not limited to: non-residents trespassing in the building (and sometimes staying for periods of time), residents' packages disappearing from the mail room and their storage units, and a general lack of security personnel. 1000 Southern Artery is believed to be the only senior building in the City without any video surveillance, camera system, or security personnel.

Attorney Richard Ash,

President of the Ward 2 Civic Association, received a call from some concerned residents last month. "The safety issues reported were extremely concerning and directly impact the safety of the most vulnerable population, our seniors," he said. "The Quincy Police Department does a great job responding to the seniors there. QPD has been urging 1000 to install some surveillance for a while. We were told that management at 1000 received quotes to install a surveillance system pre-pandemic."

With the help of City Hall, Representatives from "Foundation Housing" (a Maryland-based LLC) met with Richard, QPD Community Resource Officer Steve Cleary, and the 1000

Southern Artery management team in the beginning of March. All parties amicably agreed that the property and its residents would benefit from security cameras.

Reviewing bids, implementing and installing will likely take some time. To discuss different measures and safety precautions that will be taken in the interim, the police department's next "Safety Meeting" at 1000 Southern Artery will be held on March 27 at 10:30 a.m. in the South Wing Auditorium. Residents, and their families and loved ones, are encouraged to attend.

If you are unable to attend but would like to voice your concerns, call/text Richard Ash at 617-201-6405, or email ward2civ-icassociation@gmail.com.

Quarry Museum, Lyons Turning Mill April Opening

The Quincy Quarry and Granite Workers Museum and the Lyons Turning Mill will open on Saturday, April 1st and Sunday, April 2nd from 11 a.m. to 3 p.m.

Also a self-guided walking tour of the Lyons Turning Mill grounds to view artifacts around the mill with interpretive information at each location will be viewable.

The museum has acquired new artifacts of the granite industry from the collection of the late Dave Hodgdon that are on display at the mill. Historic pictures

of Quincy's granite industry with interpretive information on each picture will be displayed. Visitors can view the locations of where the machinery was located by the foundations and stud locations. The Museum will also be open for a self-guided tour to view pictures and artifacts from Quincy's

granite industry. Museum members will be on hand to answer questions and Quarry Museum T-shirts will be on sale to help support the museum.

Directions: Curry Hardware, at the intersection of Copeland and Willard Streets, West Quincy. Proceed under expressway,

stay to right to stop sign, the U.P.S. building will be on the other side of ramp. Proceed with caution across ramp onto Ricciuti Drive to end and right on to Quarry Hills Drive. Turning Mill will be 100 yards on left.

Visit the website www.quarrymuseum.org

For more information call 617-472-1322.

Maple Sugar Topic At Library Thursday

The public is invited to the Thomas Crane Public Library Community Room Thursday, March 23 from 7 to 8 p.m. to learn about a New England delicacy with

a Mass Audubon expert.

March is the sweetest time of the year at Mass Audubon; the warm days of late winter awaken the flow of sap in the maples result-

ing in Maple Sugar Days. Learn about the process, different techniques, and equipment used across New England, and why Sugar Maples are so unique.

Scenes From Yesterday



THIS IS A 1959 real photo postcard reproduction showing the first stage of construction of the seawall along Wollaston Beach. The wall was built with 20-to-30 foot-long interlocking sheet-steel-pilings driven into the ground forming a 1 1/4-mile long corrugated bulkhead. The top of the bulkhead was then capped with the concrete wall that remains there today. The steel pilings are shown in this view as they were delivered. Spread out side-by-side along the roadway visible just over the top of the sign. The building in the top center was a bowling alley on the corner of Vassal Street. To the left of it was Elsie's Cafe. Since before the boulevard was built in 1908, the bowling alley site had been home to Stuart's Boat Yard at the mouth of Sachem's Brook. After a fire

destroyed Stuart's building the Merrymount Dance Hall was built here in 1925. It attracted rowdy crowds from Boston and beyond. Faced with fierce neighborhood outrage the city rescinded the dance hall's license and it was converted into a roller skating rink, which after a few years also burned to the ground. Then, in 1940, Olindy's Boulevard Bowling Alleys with 18 candlepin-bowling lanes were built here. It later became known as the Wollaston Boulevard Bowladrome and a second floor was added for ten-pin bowling after this picture was taken. Today, residential condominiums are on this corner.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1973
50 Years Ago

25, 10 Cent MBTA Fares On Off-Hours

Fares on the MBTA South Shore Red Line are going down (April 2), but only at off-peak hours and only for 90 days, and in one direction, the reduction is less than in the other.

If that sounds complicated, listen a moment while MBTA General Manager Joseph C. Kelly explains:

"The plan is simplicity in itself," he said. "Monday through Friday, between 10 a.m. and 1 p.m., the fare will be 10 cents, instead of the usual 25 cents. The reduced fares must be paid at the collector's booth. The only exception to the 10-cent fare will be for people boarding at the three Quincy stations and riding into town. Here the basic fare of 50 cents will be reduced to 25 cents."

NIXON NAMES STEPHEN T. KEEFE FOR AIR FORCE BRIGADIER GENERAL

Col. Stephen T. Keefe, Jr., of 175 Rock Island Rd., Houghs Neck, a Quincy attorney who is currently assigned to the Pentagon as assistant deputy chief of the Air Force Reserve, has been nominated by President Richard Nixon to the rank of Brigadier General.

Col. Keefe, whose military service began, as a private with the U.S. Army Air Corps in March 1942, is a former assistant city solicitor of Quincy, past president of the Quincy Bar Association and a director of the Shipbuilders Co-Operative Bank.

He saw active duty in North Africa in World War II, in Korea during the Korean War and was recalled to active duty during the Cuban Missile Crisis in 1962.

Col. Keefe is the father of three sons, David and twins, Michael and Stephen, who attend Boston College.

6% HOSPITAL RATE INCREASE PROBED

A special subcommittee of the Quincy City Council met to begin an investigation into a proposed six percent increase in rates at the Quincy City Hospital.

The rate increase was voted by the Hospital Board of Managers and would go into effect on April 1, 1973.

The committee chairman, Councillor Joseph J. LaRaia described the meeting as informational. Other committee members included Councillors John J. Quinn, Theophilus McClelland and Albert Barilaro. The increase would bring the top room rate to \$92 a day.

QUINCYISMS

The Quincy Veterans Council's Past Commanders Club was making plans for its annual installation of officers to be held April 7 at the South Weymouth Naval Air Station. Incoming officers included **Chairman Louis S. Cassani**, **Vice-Chairman Charles N. Ross**, **Adjutant Allen A. Kofman** and **Assistant Adjutant Thomas M. McDonald**. The Quincy Sun Sunbeams Column noted that **John J. Lydon** of Wollaston began his campaign for Ward Five Councillor with a kickoff meeting at the Hollow Restaurant. (Editor's note: John "Jack" Lydon won election to the city council that fall, not as the Ward Five Councillor but as the Ward Three Councillor due to a realignment of the city's wards to comply with the "one man one vote" decision in the courts.)... **Michael Vitagliano** was on the honor roll for the fall semester at the University of New Mexico. He was the son of **Michael J. Vitagliano** of 755 Southern Artery, Quincy... St. Ann's Marianns of Wollaston were planning "A Night in Hawaii" theme in conjunction with their regular monthly meeting on April 4. **Mrs. Norman Mahoney** was chairman of the event... **Gus Verra** and **John Calararese** of Quincy were members of a committee planning for the 35th reunion of the Boston English High School Class of 1938. The event was scheduled at the Sidney Hill Country Club in Newton on April 27... Colpitts Travel Center, 1550 Hancock St., Quincy Center, was urging future travelers to "Take A Break To The Bahamas, The Caribbean Or Mexico, Low Season Rates In Effect After April 15"... The Quincy Emblem Club installed **Mary Spalding** as club president at the Elks Home. Other officers included: **Mary Sances**, vice-president, **Marie Grabowski**, junior past president, **Geraldine Shepherd**, treasurer, **Marilyn Alcott**, financial secretary, **Susan McInnis**, recording secretary and **Dorothy DiBona**, corresponding secretary... **Joseph R. Harold** of Quincy, Department Adjutant, Disabled American Veterans, was the principal speaker at a testimonial dinner honoring **Florence E. Daley**, State Commander of the Disabled American Veterans Auxiliary.

Cross Cultural Performance At Kennedy Center

Guangzhou Association of Boston Cross Cultural Performance will take place at the Kennedy Center on Friday, March 31st at 1 p.m.

Experience a one-of-a-kind, cross cultural performance. The singing and dancing troupe from the Guangzhou Association of

Boston will perform traditional Chinese and Western songs, Tai Chi sword demonstrations, Sway Mambo Line Dance, Qi Pao dance

and more

Call the Quincy Council on Aging at 617-376-1506 to register.

READERS FORUM

More Letters On Page 12

A Failure To Favorably Negotiate A Fair Teachers' Contract Would Be A Loss To All Citizens Of Quincy

Dear Editor,

We are an affluent area of Massachusetts, here in Quincy. As a city, we do have poverty among our ranks, however, overall compared to the rest of Massachusetts and the United States, we're doing exceptionally well. The median household income of our city in 2015 (the latest date of this metric) was \$96,250 per the Child Opportunity Index Map. We are very squarely in the 'high' to 'very high' category for child opportunity levels- education, health and environment, and social and economic indices.

The news is mostly favorable for children and families in Quincy, but the same cannot be said for the educators who serve them. To date, our city's teachers' contract has been in dispute for nearly eight months. The current contract has a starting teacher's salary set at just \$46,888 per year with a 1% annual increase for cost of living. Per a graphic on the National Low Income Housing Coalition site, the hourly wage necessary to rent an apartment in MA is \$27.10 per hour. A new teacher's salary translates to only \$22.16 per hour, meaning they cannot afford to live in the city they serve.

Moreover, Quincy's teachers are not afforded paid paren-

tal leave of any kind. The contract states, "Maternity leave without pay will be granted to members having Professional Teacher status." Eighty two percent of teachers are women and it is unfathomable to me, as a mother, returning to work prematurely or going without pay postpartum. The teachers have asked for only two weeks of leave, which was rejected! The teachers in Quincy Public Schools have rejected the contract because they are fighting for a basic living wage and the same benefits that are extended to most employees in MA.

Even non-parents should be engaged in this battle, as our property values are on the line with this decision. The quality of our schools directly impacts the worth of our real estate. Look no further to areas south of here where there is a stark line based on school district. Currently, QPS averages a 7/10 on Great Schools ratings, but an inability to rectify the contract could result in a loss of seasoned faculty and a failure to attract new talented educators. A failure to favorably negotiate a fair teachers' contract would be a loss to all citizens of Quincy.

Katherine Evitts

Parent, resident and voter in Quincy

No Excuse To Eliminate Ruth Gordon Amphitheater

The City of Quincy has 52 municipal park locations and 10 municipal beach areas. These parks contain a total of 35 basketball courts, 23 tennis courts, 27 little league/softball fields, 8 full size baseball diamonds, 5 soccer fields, 3 football fields and 28 sites with playground equipment for children. Public parks cover approximately 266 acres.

There is only one space in the entire park system designed and built to accommodate the performing arts. That is the Ruth Gordon Amphitheater which occupies less than one acre of public space. Shame on Mayor Koch for trying to eliminate the amphitheater. There is absolutely no excuse to go after the one outdoor venue designed for something

other than sports. We need more arts and culture in the community - not less.

Mayor Koch, why don't you spend a small amount of public funds to support the arts and rehab the amphitheater? It is a drop in the bucket compared to the cost of maintaining all of the park areas devoted to sports.

And what is this veiled nonsense about the amphitheater being a safety concern? Ridiculous. Injuries occur at the 129 sites for sports - not at the amphitheater.

The dramatic arts, music concerts and multicultural events usually don't result in broken bones.

Mark Smith
Quincy

'Saving By Shaving' Raises \$4M For Children's Hospital

Granite Telecommunications, a \$1.8 billion provider of communications and technology solutions to multilocation businesses and government agencies, announces that more than 800 people participated in the 10th annual "Saving by Shaving" event, raising more than \$4 million for Boston Children's Hospital and bringing the total raised in the history of the event to more than \$50 million.

Saving by Shaving proceeds support Boston Children's mission of unmatched care and world-class science and commitment to healing children, helping families and fueling lifesaving research for every child, putting kids from around the world on the path to a healthier, more promising future.

Additionally, Saving by Shaving raised \$100,000 each for two charities chosen by New England Patriots football players. These include Boston Uncornered, a nonprofit selected by safety Devin McCourty, and Edmiston Center, a nonprofit selected by wide receiver Matthew Slater.

At the March 9th event Granite CEO Rob Hale, along with Granite teammates, families and friends, were joined by community leaders, celebrities and athletes, including Massachusetts Gov. Maura Healey; Quincy Mayor Thomas Koch; Kevin Churchwell, MD, President/CEO of Boston Children's Hospital; Patriots stars Joe Andruzzi, Matt Light, Devin McCourty and Matthew Slater; and radio personality Greg Hill.

"What started out as a dare 10 years ago has grown into one of the highlights of every year," said Hale. "I am proud of the Granite team and the greater community and how we work together to support the amazing work



MORE THAN 800 people participated in the Granite Telecommunication's 10th annual "Saving by Shaving" event, raising more than \$4 million for Boston Children's Hospital. Granite CEO Rob Hale (fifth from left), along with Granite teammates, families and friends, were joined by community leaders, celebrities and athletes, including (from far left) Massachusetts Gov. Maura Healey, Quincy Mayor Thomas Koch; New England Patriot star Joe Andruzzi, Kevin Churchwell, MD, President/CEO of Boston Children's Hospital; Rob Hale, radio personality Greg Hill; and Patriots stars Matt Light, Devin McCourty and Matthew Slater.

done by Boston Children's Hospital. Boston Children's Hospital helps families from near and far with the answers they seek, and we are honored to play a part in supporting that mission."

"For 10 years, the Granite team has helped us seek answers, improve care, and simply do more for the children and families we serve," said Boston Children's Hospital President and CEO Kevin B. Churchwell, MD. "When you shave your head or your beard for Saving by Shaving, you're doing more than raising money — you're standing with our patients in their time of need."

In the past 10 years, more than 10,000 people have participated in the "Saving by Shaving" event by shaving their heads and donating their hair, raising more than \$50 million for charitable organizations.

For each person who shaved their head or donated at least 8 inches of their hair, Granite donated \$2,500,

which was matched dollar for dollar by the Hale family, for a total of \$5,000 per head to pediatric research and treatments for The Every Child Fund at Boston Children's Hospital.

Additionally, all locks of hair will be donated to Hair We Share, which creates custom wigs free of charge for those affected by medical hair loss. Plus, a donation of \$100 was made for every "chemo cap" (a hat for cancer patients who've lost hair due to chemotherapy) created by the Granite Fiber Art's team. This year the team handcrafted 250 hats for children and adults, for a running total of 3,000.

The "Saving by Shaving" event also was supported by Granite's business customers and local businesses including Dunkin' Donuts, which provided coffee and breakfast for the volunteers and barbers/stylists and Lamberts, which provided lunch.

Professional barbers and

stylists also supported the fundraiser by donating their time and expertise.

The "Saving by Shaving" event was closed to the general public, but Granite encourages like-minded individuals to support funding for pediatric cancer research by donating to Boston Children's Hospital.

Granite's annual "Saving by Shaving" fundraiser began 10 years ago when CEO Rob Hale jokingly dared a member of his team to shave his ZZ Top-style beard in exchange for a \$1,000 donation to a cancer hospital. Over the next two weeks, hundreds more Granite teammates reached out to Hale asking for the same opportunity to raise funds and shave their heads or beards in solidarity with those undergoing chemotherapy. From there, 428 teammates turned out at Granite's first "Saving by Shaving" event and raised more than \$2.2 million to benefit cancer research.



GOV. MAURA HEALEY has the honor of shaving the head of recently retired New England Patriot Devin McCourty at Granite Telecommunication's recent "Saving by Shaving" event. The 10th annual fundraiser raised more than \$4 million for Boston Children's Hospital. *Courtesy photos*

John Gillooly Photography On Display At Milton Public Library

The Milton Public Library announces a newly installed photography show featuring images by Milton photographer John Gillooly.

The exhibit appears on the lower level, outside and inside the Keys Community Room. The display will run now through May 31st.

The exhibit features 24 large black & white metal prints from a seven-day personal project following the Milton Wildcats Football team, as they prepared for and played in the state championship game at Gillette Stadium this past December. Additional work by John Gillooly can be seen at <https://www.instagram.com/john.gillooly/> and he can be contacted directly at peiphoto@gmail.com.

There will be an open art reception held in the Keys Community Room on Thursday, April 13th between 6:30 and 8:30 p.m., which will celebrate this exhibit. At the event, Gillooly will show additional images and more programming is being planned for the opening night.

Further details will soon be available about the reception, which you may view shortly at the Milton Public Library's website which is www.miltonlibrary.org. Once there, just click on "events" from the main page to find the date and read more.

For questions, contact Jean Hlady, head of Adult Services/Reference, by emailing jhlady@ocln.org

or by calling her at the Reference Department at 617-

898-4964.

The Milton Public Li-

brary is located at 476 Can-

ton Ave., and this exhibit and reception are free and open to all.



PHOTOS CAPTURED BY Milton photographer John Gillooly featuring the Milton High School football team are on display at the Milton Public Library now through May 31. A reception with the photographer will be held Thursday, April 13 from 6:30 to 8:30 p.m. in the library's Keys Community Room. *Photo Courtesy John Gillooly/Milton Public Library*



CHECK THE BACK of seed packets for pertinent information so you provide the proper growing conditions for the plantings to flourish.
Photo Courtesy of MelindaMyers.com

Understanding Plant Tags, Seed Packets To Increase Your Gardening Success

By MELINDA MYERS

Gardening is a wonderful way to grow your own food and create a beautiful landscape. Proper plant selection can help you make wise purchases when visiting the garden center or ordering plants online.

Much of the information you need to know can be found on plant tags and seed packets. Understanding this information can help you select plants suited to the growing conditions in your yard.

Most gardeners first learn about plants by the names that friends, relatives, or fellow gardeners use to refer to them. Each plant also has a unique scientific, also called botanical, name. Since plants can have multiple or regional common names, it is important to check the botanical name when shopping. Checking the tag for the botanical name ensures you buy the right plant.

You will also see the word "zone" followed by numbers in the information on trees, shrubs, perennial flowers, and vegetables. These numbers reflect the plant's ability to survive the average minimum winter temperatures in the hardiness zones listed. You can find your hardiness zone on the United States Department of Agriculture (USDA) Plant Hardiness Zone Map. It is often included in plant catalogs and other gardening resources to help you find plants suited to your climate. Despite record summer temperatures, it is still important to select plants that can survive the average minimum winter temperatures in your area. Selecting plants that tolerate both the highs and lows where you live will increase their chance of returning each year.

Make sure the plants you select have sufficient frost-free growing days to mature and flower or produce fruit. This is listed as the number of days from planting until harvest. Count the number

of days in your growing season from the time you can plant to harvest to see if it's a good choice.

Matching plants to the amount of sunlight they need to thrive is also important for growing healthy plants. In general, full-sun plants prefer six, preferably eight or more, hours of direct sunlight. Areas receiving only intense afternoon sun are often suitable for plants listed as full or part sun tolerant. Part-sun plants usually need four to six hours of direct sunlight. Part-shade plants generally need two to four hours of direct sunlight preferably from east-facing or other locations where the sun is less intense. Shade plants usually perform well with two hours of direct sunlight or bright, indirect light throughout the day.

Always check the mature size and spread of the plant you select. Picking the right size plant for the available space will save you time and frustration having to prune the mature plant down in size.

No matter what plants you select, make sure to call 811 at least three business days before you begin planting. Gardeners can visit <https://call811.com/811-In-Your-State>. They will contact all the appropriate companies who will mark the location of their underground utilities in your designated work area. This

free service can help reduce the risk of injury and the inconvenience of accidentally knocking out power, cable, or other utilities.

To remind everyone to call before digging, April has been designated Safe Digging Month. Please make contacting 811 part of your gardening plans and remind family and friends to do the same.

For more gardening information, register for Myers' free webinar "Understanding Gardening Basics to Boost Your Gardening Success" on March 29 at 6:30 p.m. The webinar is free, but registration is required. Just visit Myers' website www.MelindaMyers.com. If you can't attend the live webinar, a recording will be available to watch 24 hours after the live presentation.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD instant video series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Diggers Hotline to write this article. Myers' website is www.MelindaMyers.com.

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Movie Review: 'Scream VI'

By BOB GARVER

I'm willing to argue that "Scream" is the greatest slasher movie franchise of all time. Not only is the 1996 original a meta-horror classic, but prior to "Scream VI," three of the five movies in the series were halfway decent.

Can any other slasher property with at least five installments boast that kind of ratio of good to bad? "A Nightmare on Elm Street" got too silly with jokes that didn't land, "Friday the 13th" was overrated in the first place, and fans got sick of "Halloween" constantly reinventing itself. "Scream" has thus far needed only one clear reboot, and last year's fifth installment was a rousing success. A mere fourteen months later, we've got a sixth chapter, and it... keeps the property out of trouble.

After a prologue where we follow a film professor (Samara Weaving) and a student (Tony Revolori) and their encounters with the latest incarnation of the terrifyingly-masked killer known as Ghostface, it's time to catch up with some familiar faces. Sam Carpenter (Melissa Barrera) has moved to New York City to be with her sister Tara (Jenna Ortega). Yes, I can finally reveal a twist I was keeping under wraps in my review of the last movie: after an impressive performance by Ortega in the opening scene, Tara survived the Ghostface attack, and in fact the whole movie, a rarity for this series. Will Weaving or Revolori be so lucky? Also returning are twins Chad (Mason Gooding) and Mindy (Jasmin Savoy Brown) from the fifth movie, Kirby (Hayden Panettiere) from the fourth, and reporter Gale Weathers (Courtney Cox), from every single one of these.

New characters include Tara's roommate Quinn (Liana Liberato), Quinn's



cop father Wayne (Dermot Mulroney), Sam's boyfriend Danny (Josh Segarra), Mindy's girlfriend Anika (Devyn Nakoda), and Chad's roommate Ethan (Jack Champion). I wasn't really digging the new characters, but I said that about Chad and Mindy in the last movie, and they've since grown on me. Sam and Tara remain compelling as the new faces of the franchise. It was the right decision for the series to shift to them as leads when it did.

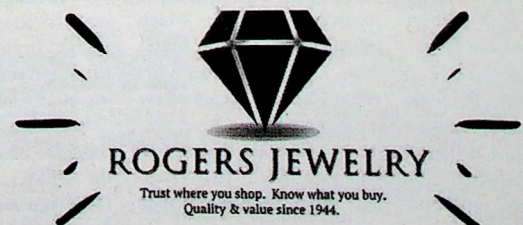
I was looking forward to the heavily-promoted change of setting from small-town California to New York City, where I live. Sadly, the city's atmosphere only comes into play in two scenes, one in a bodega and one on a subway. I didn't like the bodega sequence because Ghostface uses a gun, which goes against the rules of the slasher genre. And I didn't like the subway sequence because it invokes a station and line that I use at least five days a week, but it doesn't look familiar, so it just draws attention to the fact that the movie wasn't filmed in New York (it was

actually Montreal). But the characters mostly have all the space they need to hide, stalk, and chase, especially in the case of an Easter Egg-filled abandoned movie theater that this Ghostface uses as a home base.

"Scream VI" is just okay. It isn't groundbreaking like the original or reinvigorating like last year's reboot. My jury is still out on whether it has the charm of the second movie. But it isn't making me wish the franchise would just die like the third or fourth. It was probably a good idea to rush this movie out, so fans wouldn't have time to get their hopes up for a better movie and then be disappointed. I'm sure there will be a seventh "Scream," and I will be eagerly anticipating another installment in the greatest slasher movie franchise of all time. But hopefully that one will be a better reminder of why this franchise is so great.

Grade: B-

"Scream VI" is rated R for strong bloody violence and language throughout, and brief drug use. Its running time is 122 minutes.



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WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Oatmeal Applesauce Spiced Cookies

By MARIE

I have made oatmeal-raisin cookies numerous times for years. Recently I found this oatmeal cookie made with applesauce. The addition of the applesauce makes the cookie very chewy, which most people love.

Preheat to 350 degrees; grease a cookie sheet

Ingredients and Directions:

- 1/4 cup (firm) brown sugar**
- 1/2 cup granulated sugar**
- 4 tablespoons (one-half stick) butter softened**
- 3/4 cups of applesauce**
- 2 egg whites or one egg**
- Two tablespoons of milk**
- 2 teaspoons of vanilla**
- 1 and 1/2 cups flour**
- 1 teaspoon baking soda**
- 1 teaspoon of cinnamon**

- 1/4 teaspoon of nutmeg**
- 3 cups of quick oats**
- 1 cup of raisins**

In a large bowl, beat sugar and butter until well blended.

Add applesauce, egg whites or egg, milk and vanilla and beat well.

Add flour, baking soda, cinnamon and nutmeg.

Add the oats and the raisins and mix well. (Dough will be moist).

On a lightly greased cookie sheet or cookie sheets lined with parchment, drop dough by rounded tablespoons onto the cookie sheet.

Bake for 10 to 12 minutes or until the edges are lightly golden brown.

Cool one minute on a cookie sheet and then move to wire racks and cook completely.

Save tightly covered.

Bitter Green Salad

By SUZIE

Did you know that eating foods that are bitter are healing to your liver and digestion?

Here is a great and simple recipe that is satisfying.

You can substitute walnuts for the pine nuts and cranberries for the currants if desired.

Bitter Green Salad

- 2 heads Belgian endive, trimmed,**
- 1 large head escarole, trimmed**
- 1 head Treviso or radicchio, trimmed**
- 5 tablespoons extra-virgin olive oil**

- 1/4 cup balsamic vinegar, preferably aged**
- 1/2 teaspoon sea salt**
- 1/2 cup freshly grated good-quality aged Parmigiano-Reggiano**
- 1/2 cup toasted pine nuts**
- 1/2 cup currants**
- Freshly ground pepper to taste**

Mix together olive oil, vinegar and sea salt/pepper.

Arrange lettuces on plate.

Drizzle with dressing and top with nuts, currants, and parmesan cheese.

Serve and enjoy!

Quincy Residents Running For Dana-Farber Marathon Challenge Team

On April 17, two Quincy residents will be running to defy cancer as a member of the Dana-Farber Marathon Challenge team in the 127th Boston Marathon.

The local runners are Griffin Connolly and Colleen Stravin. Along with more than 500 Dana-Farber Marathon Challenge teammates from across the U.S. and around the world, they will run Massachusetts' historic marathon route from Hopkinton to Boston to collectively raise \$6.5 million for cancer research at Dana-Farber Cancer Institute.

This year marks the 34th annual running of the Dana-Farber Marathon Challenge (DFMC). One hundred percent of the money raised by

the Dana-Farber Marathon Challenge team benefits Dana-Farber's Claudia Adams Barr Program in Innovative Basic Cancer Research, which supports promising science research in its earliest stages. The Dana-Farber Marathon Challenge has raised more than \$115 million for the Barr Program to date.

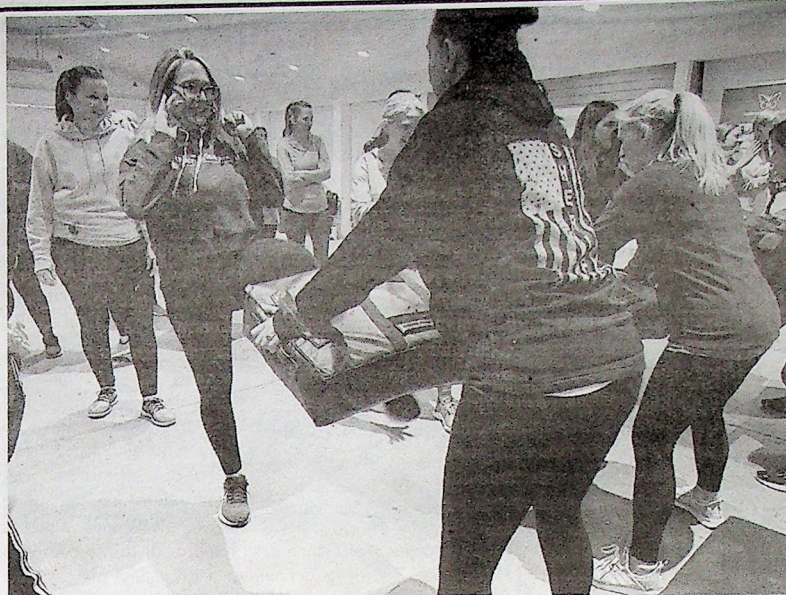
In 1990, Dana-Farber was among the first charity organizations to be recognized by the Boston Athletic Association (B.A.A.), which organizes the Boston Marathon. The Dana-Farber Marathon Challenge team offers its members extensive fundraising support, training guidance from 1976 Boston Marathon Men's Open

Division Champion Jack Fultz, and team training runs. Dana-Farber Marathon Challenge runners who are not time-qualified for the Boston Marathon receive an invitational entry into the race.

Runners include cancer survivors and patients, and family and friends of those who have been affected by cancer. Each team member must fulfill a basic fundraising commitment:

- Invitational runners - runners who receive their entry from Dana-Farber have a minimum fundraising commitment of \$7,500.
- Own entry runners - runners who have joined the DFMC after obtaining their own race entry have a fundraising commitment of \$4,000.

To contribute to the Dana-Farber Marathon Challenge, visit RunDFMC.org or contact the Dana-Farber Marathon Challenge office at (617) 632-1970 or dfmc@dfci.harvard.edu. Follow DFMC on Facebook: www.facebook.com/marathonchallenge. On Twitter: #RunDFMC.



THE NORFOLK COUNTY Sheriff's Office has partnered with the Vanessa T. Marcotte Foundation to develop a series of free self-defense classes for Norfolk County residents.

NCSO, Marcotte Foundation Partner To Officer Self-Defense Classes For Area Residents

The Norfolk County Sheriff's Office has partnered with the Vanessa T. Marcotte Foundation to develop a series of free self-defense classes for Norfolk County residents.

A soft-launch of the program on March 7th was filled to capacity with a waiting list of over 80 interested participants, demonstrating a strong interest and demand for such programming.

"Giving people the tools, skills, and confidence to take care of themselves is central to our mission of public safety at the Norfolk County Sheriff's Office," said Sheriff Patrick McDermott. "By partnering with the Vanessa T. Marcotte Foundation, we are able to help more people across the county feel safe and secure in their homes and in public. That is the heart of what we want to achieve."

In the partnership, the Sheriff's Office worked with the Vanessa T. Marcotte Foundation to train NCSO officers as self-defense instructors able to guide residents through a rigorous yet understandable curriculum.

"The Vanessa T. Marcotte Foundation is proud to partner with the Norfolk County Sheriff's Office on important self-protection training," said Caroline Tocci, president and co-founder



A SOFT-LAUNCH of the free self-defense program on March 7th was filled to capacity with a waiting list of over 80 interested participants, demonstrating a strong interest and demand for such programming. Courtesy Photos

of the Foundation. "Both organizations are committed to increasing safety awareness and reducing violence."

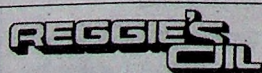
At the soft-launch training event, participants learned both maneuvers and tips that they can use to keep themselves safe and increase their own situational awareness.

One participant said she was eager to learn important survival and defense skills: "I signed up for this self-defense class to make me more aware of my surroundings and to better envision what could happen to me, to make myself more proactive rather than reactive in these types of situations and to

educate my daughter," she said.

Interest in the soft-launch was so strong that the waiting list quickly grew to over 80 participants who will be given the option of priority registration for the first formal training event to be held in the coming weeks. The Sheriff's Office plans to deliver a series of self-defense classes at locations across Norfolk County.

The NCSO encourages those interested in taking one of the classes to follow their social media accounts (@NorfolkSheriff on Facebook, Twitter, and Instagram) to learn about upcoming trainings.



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"Rock Solid Security"

Social Security Matters

Ask Rusty - How Do I Withdraw My Application For Social Security?

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I will be 67 next month and reached my full retirement age in July 2022. My wife and I are discussing whether we should take Social Security now or wait until we are age 70 to get a higher benefit. I remember reading that you can start Social Security and, if not needed, pay it back within a year and then "reset" to get a higher benefit by waiting longer. Please describe the steps of this process to take now and repay the year's benefits if we do not need them. **Signed: Uncertain**

Dear Uncertain: Well, to exercise the so-called "do over option" (which is essentially withdrawing your application for benefits), you need to contact Social Security (1-800-772-1213 or your local SS field office) and request that your application for benefits be withdrawn. You can also download and complete form SSA-521 and deliver the same to your local Social Security office. You can get that form at this link: www.ssa.gov/forms/ssa-521.pdf.

This "do-over option" is only available within 12 months of the date you submit your application and can only be done once in your lifetime. If you use it, you will be required to repay Social Security for all payments made on your behalf, including not only your monthly payments but also any income taxes you had withheld, and any Medicare premiums which were withheld from your monthly payments (Social Security will inform you how much you must repay). Once the repayment is made, it will be as though you never applied for benefits, meaning your benefit amount will be higher when you later re-apply (which would also be the case if you simply didn't apply - your benefit entitlement continues to grow until you claim, up to age 70 when your maximum SS benefit is attained). This process would be the same for both you and your wife.

However, I suggest you consider whether you really need to withdraw your application. Be aware that since you've already reached your full retirement age (FRA) you can claim now and, if you later decide you don't need the monthly SS money, you can simply temporarily suspend your benefit payments to avoid repaying Social Security everything they've already paid to you and on your behalf (you don't need to formally withdraw your application). By simply suspending (and not withdrawing), your benefit amount will start growing again with each month your benefits are suspended (about .67% more for each month you do not get benefits) and you can keep everything you've already received to the point you suspend your payments. To suspend your payments just call Social Security at the number provided above and tell them you wish to suspend your benefits and grow your payment amount. While you can only use the withdrawal process once in your lifetime, you can temporarily suspend your benefit payments multiple times if necessary.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Healey-Driscoll Administration: COVID-19 Public Health Emergency In Massachusetts Ends May 11

The Healey-Driscoll Administration announced March 15 that the state's COVID-19 public health emergency will end on May 11, 2023, to align with the end of the federal public health emergency.

The announcement, ahead of the 45-day notice required by state law, allows additional time for impacted organizations to prepare for the end of the public health emergency.

Gov. Maura Healey will also file legislation that would extend key flexibilities provided by the public health emergency, particularly around staffing for the health care industry and emergency medical services (EMS). The governor also announced that on May 11 she plans to rescind Executive Order 595 that required all Executive Branch state employees to have received their primary series COVID-19 vaccines.

"Thanks to the hard work of our health care providers and communities, we've made important progress in the fight against COVID-19," said Governor Healey. "We know that we have the tools to manage this virus - vaccines, masking, testing, getting treatments and staying home when sick - and we've reached the point where we can update our guidance to reflect where we are now. I'd also like to acknowledge the leadership of Governor Baker and his administration, who saved countless lives by putting these important measures in place in a time of immense crisis."

"Executive Order No. 595 has been a successful tool for boosting vaccination rates and reducing the

spread and severity of COVID-19 in Massachusetts. We're grateful to the state employees who did their part to keep themselves, their co-workers and their communities safe," said Lt. Gov. Kim Driscoll. "We encourage Massachusetts residents to continue taking important prevention measures to keep our communities healthy, like getting boosted, masking and staying home when you're feeling sick."

"We are fortunate that in Massachusetts, the wide availability of vaccines, tests, effective treatments, and PPE changed the course of a pandemic that brought loss and hardship to so many. Three years on from the start of the pandemic, we are now in a very different place," said Secretary of Health and Human Services Kate Walsh. "While we will continue living with COVID-19, we can now incorporate the tools to manage this virus into our standing response to respiratory illness within our communities and healthcare system."

Gov. Healey's legislation would:

- Continue flexibilities currently in place regarding staffing for out-of-hos-

pital dialysis centers. This would apply for 6 months to allow dialysis centers time to return to pre-COVID staffing levels.

- Authorize certain non-Medication Administration Program (MAP) certified staff to administer certain prepackaged medications in community settings. This would apply for 6 months to enable DPH to finalize reforms that streamline the MAP program training requirements.

- Allow staffing of Advanced Life Support level ambulance transports with a single EMT provider and a first responder driver (rather than 2 certified EMTs). This would be a permanent change based on the positive experience of this staffing model over the last three years.

Executive Order No. 595 helped raise the percentage of fully vaccinated executive department employees from around 76 percent to over 99 percent. Mandates for staff in certain roles and settings will remain in place, per CMS and EOHHS regulations.

President Patrick McNamara and the Executive Board of the State Police Association of Massachusetts

commended Gov. Healey and her administration for announcing the rescinding of Executive Order 595. Executive Order 595 has resulted in 20 members of the Association being either terminated or suspended without pay due to their sincerely held religious beliefs that stop them from receiving a COVID-19 vaccination.

"I want to express my deepest appreciation to Gov. Healey, Lt. Gov. Driscoll, and their administration for working with our Association to rescind Executive Order 595," said McNamara said. "This has been a long journey for our membership. We have been seeking the same treatment as other Commonwealth employees and for our leaders in government to hear our voice."

"Today, the Healey-Driscoll Administration did just that with the announcement to rescind Executive Order 595. Our Association and our Executive Board are excited to get our members back to do what they do best, protecting the Commonwealth. Thanks once again to the Healey-Driscoll Administration for hearing our voice and being a true partner in this effort."

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Real Estate

Quincy Real Estate Transactions March 13 - March 17

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Robert C. & Lori A. Maynard	Stephanie Slicis	\$386,000.00	934 Southern Artery Unit 107
Francis Lupo	Teresa Mahn	\$275,000.00	10 Estabrook Road
Karen Heath	Robert Lunkoto	\$517,000.00	65 Russell Park
Celeste J. Tomori, Norma S. Leo,	Loc Tan Vo & Chau T. Nguyen	\$680,000.00	28 Albertina Street
Peter M. Leo & Norman E. Leo	Andrew D. McLaughlin	\$655,000.00	10 Adeline Place
10 Adeline Place Realtyn Trust	Kimberly & Katherine Decena	\$305,000.00	115 West Squantum Street Unit 301
Sukhpreet Singh & Sonali Birghi	Ian & Jenna O'Hara & Richard Decotis	\$875,000.00	308 Beale Street
Reino A. & Lee A. Nurmenniemi	Rivabella Mare LLC	\$1,300,000.00	508 Washington Street
PLM Realty Trust	Pierre A. Desbiens	\$700,000.00	41-43 Avalon Avenue
Judith G. King	Yu Gao & Yuchen Zhou	\$580,000.00	25 West Howard Street Unit C-2
Jun Lu & Xi Chen	HSBC Bank USA National Association	\$410,000.00	19 Thomas Burgin Parkway
Wells Fargo Asset Securities Corporation	Clark Q & Yan Pan	\$3,950,000.00	94 Crabtree Road
Thomas J. Adams Trust	Jimmy & Rui C. Wong	\$399,900.00	200 Cove Way Unit 205
M. Elaine Merlino	Thomas J. Adams	\$4,300,000.00	63 Bay Street
Michael E. Reck Trust	Kim R. Caporale	\$400,888.00	77 Adams Street Unit 206
Vince, Elvira & Piper Jornaes	Robert & Thanyathip T. Lee	\$300,000.00	46 Whitwell Street
Virginia Chan & Alyssa Poon	Anthony J. Giammarco & Angela K. Lambert	\$493,000.00	64 Willard Street Unit 101
Matthew Lyons			

Norfolk County Registry of Deeds Celebrates Women's History Month

By WILLIAM O'DONNELL
Norfolk County
Register of Deeds

Women's History Month is observed in March to recognize the impact and importance of women in our society. We should all be aware of the importance of women in society, in shaping the country we all live in, and in our history.

Women's History Month began in 1978 as a week-long celebration to coincide with International Women's Day and originated in Santa Rosa, California. The movement was met with widespread support and gained nationwide notoriety. The following year, communities throughout the country began adopting the celebration.



ABIGAIL ADAMS

Women's organizations and historians successfully lobbied for national recognition in 1980. President Jimmy Carter issued the first presidential proclamation establishing March 8th as National Women's History Week. Each President after President Carter continued



DEBORAH SAMPSON

this proclamation until 1987, when Congress passed Public Law 100-9, designating March as "Women's History Month." Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month."

Each year, the National Women's History Alliance selects and publishes the yearly theme. This year the theme is "Celebrating Women Who Tell Our Stories." In keeping with this year's theme for Women's History Month, I would like to share some of the stories I discovered while researching records at the Norfolk County Registry of Deeds.

Abigail Adams, the United States' second First



SUNITA WILLIAMS

Lady, was born in Norfolk County. She was born in 1744 in Weymouth. In 1764, she married John Adams. She was President Adams' closest confidant and took an active role in politics and what was taking place in the country. She was an abolitionist who believed in a woman's right to education and the ability to make their own decisions about their lives. John Quincy Adams, Abigail Adams' son, would become the sixth President of the United States. She is buried in Quincy alongside her husband.

Deborah Sampson lived in Sharon, a town in Norfolk County. Born in 1760, she attempted to enlist as a man



KATHERINE BATES

in the Continental Army. Despite being discovered and sent home, Ms. Sampson later attempted again to enlist, this time succeeding and joining the 4th Massachusetts Regiment. During the American Revolutionary War, she was wounded in battle and received an honorable discharge.

A more modern warrior who I had the pleasure of meeting down at the Falmouth Road Race is American astronaut Sunita Williams. Sunita grew up in Needham and graduated from high school there in 1983. She went on to complete her education at the United States Naval Academy. She has had a long and successful career with NASA and at one point held the record for the most spacewalks of any woman. Ms. Williams also ran the first marathon in space. In



HELEN KELLER

2017, the Needham School Committee voted to name a newly constructed elementary school the Sunita L. Williams Elementary School.

Katharine Lee Bates was born in Falmouth in 1857, but did you know she lived in Wellesley? Ms. Bates was a well-known author who was inspired to write "America the Beautiful" after hiking up Pike's Peak in Colorado. These words were later adapted into a hymn that was chosen as the runner-up for the National Anthem.

Helen Keller was an advocate for the disabled and a suffragette. She contracted an illness at a young age that rendered her blind and deaf. When you think of Helen Keller, you also think of Anne Sullivan, her incredible teacher and

Cont'd On Page 16

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Food Waste Diversion Program Off To Great Start At QHS

On the Monday following February break, students at Quincy High School discovered a food waste separation program in their cafeteria.

The pilot program gives the QHS community the opportunity to separate waste responsibly so that all waste can go to its proper place. Food scraps and compostable trays are being collected and composted by Black Earth Compost. Bottles, cans, and other qualifying materials are recycled. Items not appropriate for composting or recycling must be disposed of as trash.

Food waste separation is very important in the mission to fight climate change. If food waste is incinerated, as Quincy's trash is, it uses more energy than other waste to burn because food contains a lot of moisture. However, diverting food waste from trash has significant benefits; not only do we reduce the effects of greenhouse gases, but we also produce a product that improves soil.

The pilot began in late January in the Culinary Department, expanded into the cafeteria kitchen, and then to the Main Cafeteria where many students eat lunch. Since the program began, there has been an average of 400 pounds per week of food waste diverted from the trash. In addition, with minor changes to the recycling collection process implemented, the school has collected an average of half a ton of recycling a week during the first four weeks of data collection.

"The Food Waste Separation Program is off to an amazing start at QHS," said Principal Keith Ford. "We are so very fortunate

to have adopted a program where the primary focus is to educate our students and staff on the proper way to dispose of food waste and recycling," Ford said.

The genesis of the program began in November of 2018, when the Quincy Climate Action Network (QCAN) urged the City to take action. A Task Force was created by the Mayor's Office and it met throughout COVID, researching and going on field trips to see what was currently being done in schools and communities in Massachusetts. The Task Force finished their report and presented their findings where they recommended beginning a pilot in a Quincy school to the City Council in November 2022.

The QPS Department hired a food waste diversion program manager, Finbar Heaslip, in January 2023. Finbar, a recent UMass graduate in Environmental Science, is educating staff and students on proper disposal of food waste and recycling. Working with Finbar as his mentor is Ruth Davis, who recently retired from the position of Zero Waste Manager at MIT. In addition to Finbar and Ruth, Emily Lebo, School Committee Member and a leader of the Wollaston Garden Club, is onsite helping with the waste separation program.

"The Wollaston Garden Club has an active Conservation Committee," Lebo said. "We work to maintain and restore habitats and to enhance ecosystems, so food waste diversion seemed like an appropriate project for us to try in partnership with the city and the school district." Members of the Club will volunteer

onsite assisting students in how to sort waste properly beginning in late March.

In addition to sorting waste properly, the group also created Shared Food Stations. According to governmental guidelines, a student must take a full lunch -- protein, grain, and fruit or vegetable. Prior to the start of the pilot, students would trash all unwanted food, even if it was still wrapped and could be eaten. By having a sharing table available, students can leave their unopened food or drinks for others who might want more. The Shared Food Stations caught on quickly and are being widely used by students donating and taking food.

The QHS Green Team advisors and students are eager to support the effort. Finbar and Ruth have already met with the Team several times and assisted at the Cultural Fair on March 9 where 115 pounds of food waste and 150 pounds of recycling were collected at the end of the event.

"It has been a real joy to be welcomed to Quincy High School," said Lebo, who was also a member of the Mayor's Task Force. "The students have really embraced this effort and the school staff has been so supportive of the work."

Principal Ford praised the school's efforts. "It is awesome to know that QHS is making a significant contribution to fight climate change. Roll Hats!"

The pilot will continue through the end of June. The city hopes to assess how the pilot worked and expand the food waste diversion program to other schools in its District. Look for more information about this program in the months ahead.



EMILY LEBO, Finbar Heaslip, and Ruth Davis at one of two waste separation stations in Quincy High School. The three are assisting students on proper waste disposal and sharing food items. *Courtesy Photo*

Work Continues On Merrymount Parkway Slope Improvement

Department of Natural Resources Commissioner Dave Murphy announces that regrading work on the slope along Merrymount Parkway begins this week. The hill is being regraded to address historic erosion problems and 55 new trees will be planted along the slope in May and June.

KR Rezendes Inc. Construction Company will be the general contractor on the job. KR Rezendes is the contractor that is conducting the improvements along Merrymount Parkway including new sidewalks, historic lighting, new roadway pavement, bike lanes and plantings.

The regrading of the slope will take place between

the end of March and the beginning of May. Once the slope is regraded, the city will be planting 55 new trees along the slope that should provide environmental and aesthetic benefits for the next 100 years. The tree planting will take place through May and early June.

New tree species being planted will include October Glory Red Maple, Sugar Maple, Sweetgum, Tulip Trees, Black Tupelo, White Oak, Pin Oak, Trident Maple, Eastern Red Bud, and Stellar Pink Dogwood. In addition, a number of azalea and viburnum shrubs will be added. These trees will replace the oak and pine trees, many of which were in decline. The trees were

removed to allow for a complete regrading of the hill to alleviate erosion.

"We appreciate everyone's patience during the renovation of the hillside," said Murphy. "The finished product will be a substantial improvement from the former condition. The 55 new trees will provide environmental and aesthetic benefits for the next century. And the declining condition of the existing slope required action."

"The enhanced biodiversity, the steadier slope to eliminate erosion, and the enhanced condition and life expectancy of the new trees will make a positive impact for many years to come," he added.

AAA Urges Honda Owners To Heed Seat Belt Recall

Owners of some 500,000 Honda models will receive recall notices starting April 17, due to the fact that front seat belts may not latch properly.

AAA Northeast urges affected Honda owners to respond to the recall notice, to be sure one of the vehicle's

top safety mechanisms is in perfect working order.

The recall includes the 2017-2020 CR-V, the 2018-2019 Accord, the 2018-2020 Odyssey, 2019 Odyssey, and the 2019-2020 Acura RDX. The concern is that problems with the front seat belt release button can stop

the buckle from latching, increasing the risk of injury to a driver or passenger in a crash.

Car owners can find recall information easily through the National Highway Traffic Safety Administration's website, NHTSA.gov/recalls.

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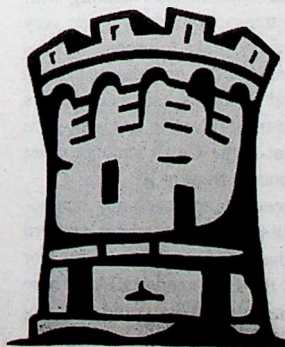
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QUINCY POLICE CRIME AWARENESS JOURNAL

Entries from Quincy Police Department

FRIDAY, MARCH 10

VANDALISM/PROPERTY, 10:13 a.m., 1025 Hancock St. Meet caller at the side door in office. Caller said there is video of some youths coming into building, damaging a light and a camera. Homeless party in hallway, sent on way.

MOTOR VEHICLE LARCENY, 10:49 a.m., Roberts St. Car was last seen in the driveway at 2 a.m. on March 10. Serviced. Report to be filed.

VANDALISM/PROPERTY, 1:21 p.m., 73 Bicknell St. Caller said there is damage to car; hood is busted, bumper is dented. Caller will be in parking lot. Hood busted, headlights damaged, bumper is dented. No suspect info. No cameras in area.

SATURDAY, MARCH 11

ASSAULT & BATTERY, 7:16 p.m., Father Bill's Place, 38 Broad St. Caller states two males are fighting; one on the ground unconscious at this time. Male on the ground is bleeding. Caller transferred to Brewster. Both males still on scene. No weapons. Suspect fled on foot. One to South Shore Hospital.

SUNDAY, MARCH 12

No entries.

MONDAY, MARCH 13

BREAKING AND ENTERING, 4:35 p.m., 2001 Falls

Blvd. Meds, purse, \$40. Says these items were taken from her apartment last week. The management company is making her report it. Report to be filed.

TUESDAY, MARCH 14

LARCENY, 8:14 a.m., Tinson Rd. Caller stated that on Sunday someone took his scooter.

BREAKING AND ENTERING, 12:11 p.m., 2001 Falls Blvd. Caller came home to find her apartment broken into with things thrown all about. Reference case from above.

BREAKING AND ENTERING IN PROGRESS, 7:35 p.m., 2001 Falls Blvd. Male with blond hair tried to get into her unit. Caller said she was sleeping when she felt someone walking by her in the unit. Male is standing on the porch. Black hoodie, gray sweatpants. Male has a fire starter in his hand. Caller has a picture of the male. Brewster notified. From caller, no smoke or fire showing. Supplement report to be filed to prior case.

LARCENY, 11:31 p.m., 116 E. Howard St. Homeless friend was visiting. He left with caller's iPhone. Complaint to be filed.

WEDNESDAY, MARCH 15

LARCENY, 2:39 p.m., Quincy Auto Auction, 196 Ricciuti Dr. Caller is at the auto auction's office and her vehicle, an Acura RDX, that she was just picking up after paying costs for is missing her airport ID along with a jacket and

other items. Requests to speak with an officer. Stolen license plates. Record entered.

BREAKING AND ENTERING, 4:04 p.m., Address not listed. Caller said his neighbor walked into her home. Unable to make contact with other half. Report to be filed.

VANDALISM/PROPERTY, 5:08 p.m., Sea St. Caller's car was egged. Caller has no suspect info. Case number provided.

THURSDAY, MARCH 16

VANDALISM/PROPERTY, 2:13 a.m., Edinboro Rd. Caller states that a female dressed in all black with a high pony just threw a brick through her son's rear window in his car. Caller states that he does not know who the female is.

ATTEMPTED BREAKING AND ENTERING, 10:11 a.m., 2 Cliveden St. Suspicious male was seen lingering when store was closing last night then male came back and attempted doors. Neighboring store has camera.

VANDALISM/PROPERTY, 11:25 a.m., Main St. Caller had past disorder with parties using lawn for their dogs. She asked them to leave and they started kicking up her lawn. Case number provided and advised to call back if parties show up again.

BREAKING AND ENTERING, 8:25 p.m., 1000 Southern Arty. Caller claims they came home from hospital and computer and medications missing. Trespass notice given. Report to be filed.

READERS FORUM

A New Lease Expiring In 2122 For Granite Links? Proceed With Caution

Dear Editor,

The Granite Links Golf Course is an extraordinary property consisting of 2 components: (1) the land owned by the City; and (2) the businesses operated on this land by Quarry Hills Associates including the restaurants, bars, upscale function rooms, private member club, pro-shop and, of course, the golf operations.

Unlike the parks, schools, and municipal buildings that the City owns, Granite Links is unique because of its tremendous commercial value as an income producing asset. The City derives this income through a Lease for the property that requires the Tenant (Quarry Hills Associates) to pay to the City as the Landlord a rent equal to a small fraction (1/10th) of certain revenues.

In 2022, the Tenant paid the City about \$826,000 in rent and, presumably, retained several times that amount for itself as profit. We won't know actual numbers until the City conducts an audit of QHA's financial records. However, QHA's profit must be quite hefty if it now wants to lock in the arrangement in a new lease expiring in the year 2122.

This lopsided financial arrangement favoring QHA was necessary to transform the City's old landfill into a championship golf course with upscale amenities. QHA did a great job developing the site - but make no mistake: this was not a philanthropic endeavor. QHA did what it was contracted to do and has been paid well for its efforts. The question now is whether the current rent structure represents fair market value for a PGA caliber golf course with deluxe amenities or whether it should be renegotiated as part of any new lease containing an expiration date a century from now.

The time for continued expressions of gratitude to Quarry Hills Associates has passed. We are now dealing with a proposed commercial lease transaction which by its very nature is adversarial as each party seeks to protect its economic interests. On the other side of this negotiating table is a team of very experienced and savvy real estate developers whose strategy is to secure the most lucrative and long-term deal possible for QHA. What is the City's strategy other than signing whatever QHA puts in front of it?

Going forward, the City needs to approach any renegotiation of the current Lease as a serious commercial landlord would by keeping in mind that QHA needs the City (for City's land) much more than the City needs QHA. There are other management companies the City could one day hire to run the operations at Granite Links.

At the very least, the City should do the following before considering QHA's request:

- Obtain an appraisal of the market value of the Granite Links property as well as the businesses operating there. An appraisal will give the City a starting point for determining a fair market rent for any new lease with QHA. The City needs to know whether this property is worth \$50 million, \$100 million or, perhaps, even more.
- Research and compare the types of financial arrange-

ments owners of similar golf courses around the country have entered to maximize their income.

- Require QHA to disclose in detail its future plans and revenue projections for the property as well as QHA's internal succession and/or exit plans.
- Retain a law firm with extensive commercial real estate experience to advise City officials and to control the drafting of any new lease. This will ensure that the new lease contains strong protective provisions favoring the City on issues such as default, termination, audits, liability, indemnification, tenant financing, subleasing and assignment.

The City also should consider other options including this:

Reject QHA's proposal for a new lease expiring in 2122 and allow the current Lease to expire as scheduled - about 30 years from now. At that time, the City can take possession of its land and all the structures built by the Tenant. The City can then manage the property itself (as it does now with the Furnace Brook Golf Course) or hire a company specializing in the management of high-end golf courses to run the entire operation. In contrast to the current arrangement, the City would then receive the lion's share of the profits.

Imagine what those significantly increased annual revenues would do for the future budgets of the City's schools, police department, fire department, and public works department, not to mention potential property tax relief for the City's taxpayers.

In sum, the City has no business signing the new Lease being pitched by QHA when it has:

1. Failed to conduct a thorough audit of QHA's financials for the last several years to determine if the City is even receiving what is due under the current Lease;
2. Failed to perform the basic due diligence described above;
3. Failed to put together a comprehensive negotiating strategy; and
4. Failed to consider all its options including letting the current Lease expire as scheduled thereby allowing the next generation of Quincy residents to decide how best to proceed with this valuable property.

Contrary to what some politicians would have us believe, the only ones for whom a new lease expiring in the year 2122 is a "great deal" are the owners of QHA. It will help them preserve, protect, and perpetuate their wealth for another four generations at the expense of the residents of Quincy.

Tom Montminy
Quincy

READERS FORUM

Wants Ruth Gordon Amphitheater Maintained

I have been following the debate about the disposition of the Ruth Gordon Amphitheater. My initial reaction was, that if it is not being utilized, why keep it? Then I saw that a number of folk are passionate about retaining it. And, it is being used to a certain extent.

What convinced me that the amphitheater should be retained and rehabbed, is that it was built during Ms. Gordon's lifetime. It was part of her memory. For that reason, the amphitheater should be kept and maintained.

Peter Gleba
Quincy

Multicultural Festival At FR Clubhouse May 13th

The Quincy Multicultural Festival is back for its second year to continue the celebration of the city's vibrant diversity.

The Quincy Public Schools and the Quincy Multicultural Festival team are hosting a free Multicultural Festival on May 13, from noon to 4 p.m. at Fore River Clubhouse, 16 Nevada Rd., Quincy.

The Quincy Public Schools are home to 80 unique cultures, and the Quincy Multicultural Festival is an opportunity for QPS families to showcase their cultures and connect with families across the city and across cultures. Festival attendance is free and open to the public, and all QPS families are invited to sign up and showcase their cultures through table displays, dance performances, music, and more! Participation forms will be available through each school, as well as the Quincy Multicultural Festival Facebook page (facebook.com/quincymulticultural/).

Like last year's festival, which drew over 1,000 attendees, the event on May 13th will include culturally

diverse cuisine from food trucks and local restaurants. Kids and adults will have the opportunity to participate in cultural games, activities, and crafts, as well as raffles to win prizes.

Social and parent services organizations, such as ELPAC (English Learners Parent Advisory Council), will also be at the event to help families learn more about the services they offer our community. Last year, social organizations like QARI (Quincy Asian Resources Inc.) and BCNC Quincy (Boston Chinatown Neighborhood Center) participated in the festival.

Quincy Multicultural Festival is a 501(c)(3) non-profit organization. Individuals or organizations wishing to help keep the festival accessible to all families are encouraged to contact us at quincymulticulturalfestival@gmail.com for information about making a charitable contribution.

For festival updates and more information, follow the Quincy Multicultural Festival on Facebook and Instagram @quincy_multiculturalfestival.

More Quincy news:

The Quincy Sun.com

O'Donnell Discusses Food Insecurity, Urges Support For Food Pantries

Last month, during the distribution of more than 200 pounds of food donations to Norfolk County food pantries from the Registry of Deeds Annual Holiday Food Drive Register of Deeds William O'Donnell discussed the growing need for community support with several organization leaders.

"I would like to extend our deepest gratitude to the companies, community groups, families, and individuals who donated," O'Donnell said. "It was my pleasure to deliver these items to Food Pantries in Norfolk County and to help those with hardships during the winter season."

There are more than 33 food pantries in Norfolk County, and each of these organizations relies in part on food donations from the local community.

"Community donations are really a big help and give us a good deal of variety that we wouldn't otherwise have," said Rich Bielecki operations manager for the Marge Crispin Center.

Household food insecurity in Massachusetts is between 16 and 18 percent. At the height of the coronavirus pandemic, the number peaked at 19.6 percent of households being food insecure.

"With the rising cost of food, housing, and utilities taking their toll on struggling families and seniors on fixed income, we have seen a marked increase in the need for food," said Pamela Denholm, executive director for South Shore Food Bank.

According to the United States Bureau of Labor and Statistics, home food prices rose 12.7 percent while wages only grew 5.1 percent, netting more than a 7.6 percent deficit at the grocery store.

"Many Norfolk County residents face both long-term and temporary hardships, including children, families, and individuals, and may be helped by a donation that you could provide," O'Donnell said.

Children are especially

vulnerable to food insecurity. Recent trends indicate that food insecurity among households with children in Massachusetts is increasing, with rates ranging between 19 and 22 percent as of early January 2023.

O'Donnell concluded:

"Hunger does not stop after the holidays fade into the past; it is a persistent issue affecting many of our neighbors. I urge residents to consider dropping off food supplies at their local pantries across Norfolk County. Pantries are requesting canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products.

"Dropping off a food donation at a local pantry can make a world of difference in helping a family in need," O'Donnell added.

To see a list of Norfolk County food pantries, visit the Registry of Deeds website: <https://www.norfolkdeeds.org/support/faqs/where-are-the-norfolk-county-food-pantry-locations-142>

To learn more about these



FOOD AND EVERYDAY necessities were recently collected during the Norfolk County Registry of Deeds annual food drive for distribution to area food pantries. Courtesy Photo

and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is

the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

All land record research

information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101 or email registerodonnell@norfolkdeeds.org.

New AAA Research Shows Drowsy Drivers Often Fail To Take Breaks

It's something that most drivers experience but may not realize until it's too late — feeling drowsy — which plays an underappreciated role in traffic crashes, injuries, and deaths.

Although underreported in government statistics, previous research by the AAA Foundation for Traffic Safety has estimated that 16 percent to 21 percent of all police-reported fatal vehicle crashes likely involve drowsy driving. And now, new Foundation research finds that drivers may underestimate their drowsiness, leading them to stay behind the wheel instead of stopping for a much-needed break.

"Being drowsy while driving is a dangerous form of impairment, and it does not resolve or improve with continued driving," said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs. "Our goal is to help drivers learn to heed the early warning signs of drowsiness so they can stop, rest, and then continue their journey as safely as possible."

Drowsiness refers to a state of increased tendency to fall asleep. Beyond the

danger of falling asleep at the wheel, drowsiness also impairs drivers by reducing their alertness. Crashes caused by drowsy driving tend to be severe because the driver may not attempt to brake or swerve to avoid a collision, so the resulting impact occurs at a high rate of speed. A drowsy driver may also be startled and lose control of the vehicle.

Researchers designed a 150-mile simulated nighttime highway driving experiment for the study. Every 20 miles, there was a simulated "rest area" at which participants could stop, leave the driving simulator, walk around, nap, drink coffee, or eat a snack. A monetary incentive encouraged drivers to complete the drive as quickly as possible while incentivizing them to avoid crashing. Researchers used a brief survey to gauge how drowsy drivers felt and measured the percentage of time their eyes were closed to gauge sleepiness.

Key Findings

Levels of drowsiness generally increased throughout the simulated highway driving experiment. Participants were usually aware that they were drowsy, but

their perceptions of the extent of their sleepiness were not always accurate and affected decision-making.

- When drivers rated their level of drowsiness as low, 75% of them were, in fact, moderately or severely drowsy.

- Even when drivers' eyes were closed for 15 seconds or longer over a one-minute window — indicative of severe drowsiness — one in four still rated their drowsiness as low.

- Drivers very rarely took breaks unless they perceived that they were very drowsy.

- Even when drivers recognized they were extremely drowsy, they still declined 75% of their opportunities to take breaks and kept driving.

The results demonstrate a need to help drivers recognize how drowsy they are. Knowing the warning signs of drowsiness can help drivers avoid dozing off behind the wheel. The most common symptoms include:

- Having trouble keeping your eyes open
- Drifting from your lane
- Not remembering the last few miles driven

While the signs of drowsiness should never

be ignored, drivers must not wait for their bodies to sound the alarm. They should prioritize sleeping at least seven hours before hitting the road.

AAA recommends that drivers:

- Travel at times of the day when they are normally awake
- Avoid heavy foods
- Avoid medications that cause drowsiness or other impairment

For longer trips, drivers should:

- Schedule a break every two hours or every 100 miles
- Travel with an alert passenger and take turns driving
- Do not underestimate the power of a quick nap. Pulling into a rest stop and taking a quick catnap — at least 20 minutes and no more than 30 minutes of sleep — can help to keep you alert on the road.

AAA supports the development of vehicle technology that can passively monitor drivers for impairment and prevent or limit vehicle operation when needed. The 2021 Infrastructure Investment and Jobs Act requires NHTSA to create testing standards for this kind of technology that can detect driver impairment, including that caused by drowsiness, medical impairment, or drugs, including alcohol.

Quincy High School Drama Club

'Little Shop Of Horrors'

Friday, Saturday

The Quincy High Drama Club will present "Little Shop of Horrors" Friday and Saturday, March 24-25 at 7:30 p.m. at the high school, 100 Coddington St., Quincy.

Tickets are \$12 general admission and \$5 for students.

Before Disney's Aladdin and the Little Mermaid, Alan Menken and Howard Ashman collaborated to create "Little Shop of Horrors." They created a zany musical adaptation of the 1950s horror movie classic.

The dark comedy revolves around Seymour Krelborne discovering a plant creature from outer space. Seymour's life is turned upside down when he achieves fame and fortune because of the extra-terrestrial plant. Seymour even has a chance of finding happiness with his long time crush Audrey. But all this success comes at quite the cost — because Seymour soon learns that what makes the plant grow is blood!

This production features such hits as "Suddenly Seymour" and "Feed Me!" This production is intended for high school audiences and older due to thematic material.

Cast and crew of Little Shop of Horrors at Quincy High:

SENIORS: Amber Doyle, Fionn Gorham, Grace Lukelo, Hanna Con-

cannon, Hailey Concannon, Jouri Elsadek, Lauren Donahue, Marta Aguiar-Perello, Mary Doherty, Mallory Rimovitz, Shane MacNeil, Tess Louzan and Syan Martin.

JUNIORS: Adeline Saunders, Aidan Fisher, Celia Cronin, Devereux Fuller, Francisca Baduya, Grace Cuniff, Joe Lateo, Josh Velasquez, Katie Bardwell, Matthew Hollatz, Maia Popa, Moss Scott and Teddy Maher.

SOPHOMORES: Cass Travers, Joyce Lukelo, Katie Bardwell, Kristina Demeo, Sage Gillespie, Samantha Wong, Sprite McGonagle and Star Alcantara-Estrella.

FRESHMEN: Amy Bernard, Avyanna Garcia, Casey Perdios, Ellie Crump, Gretchen Himmer, Molly O'Connor, Maya Tittel, Nathaniel Baryza and Romona

AAA: Massachusetts Gasoline Prices Down Two Cents

The average gas price in Massachusetts is down two cents from last week (\$3.29), averaging \$3.27 per gallon.

Monday's price is seven cents lower than a month ago (\$3.34), and \$1.00 lower than March 20, 2022

(\$4.27). Massachusetts' average gas price is 17 cents lower than the national average.

The global oil price has plunged to around \$65 per barrel, a level not seen since December of 2021. Given that the cost of oil accounts

for 55 percent of what we pay for gas, it's not surprising to see prices drop at the pump," said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs.

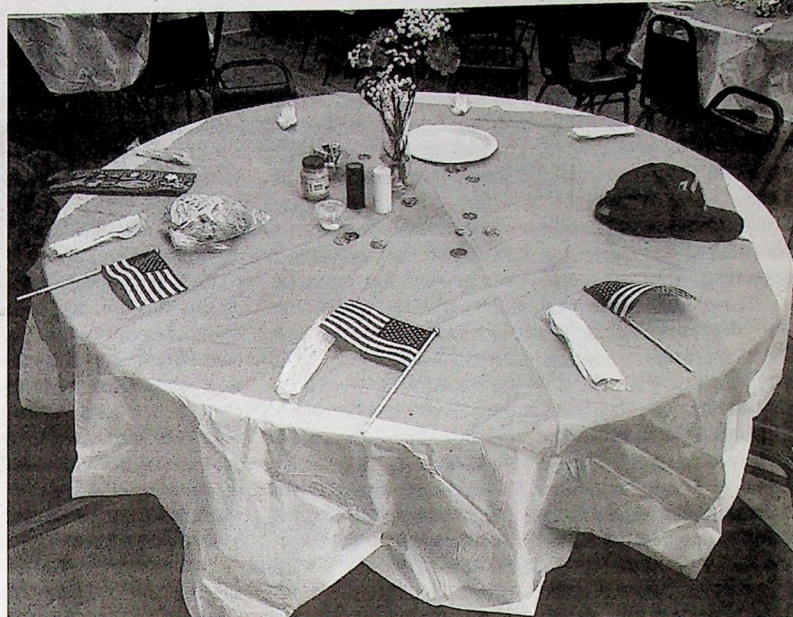
AAA Northeast's March 20 survey of fuel prices

found the current national average to be 3 cents lower than last week (\$3.47), averaging \$3.44 a gallon. Monday's national average price is 3 cents higher than a month ago (\$3.41), and is 81 cents lower than this day last year (\$4.25).

Sons Of American Legion Host St. Patrick's Day Luncheon



SQUADRON 294, Sons of the American Legion, Cyril P. Morrisette Post, recently held its annual St. Patrick's Day luncheon. Guests were served a catered (Wood Road Deli) traditional corned beef and cabbage menu in festive Irish-themed surroundings accompanied by music from DJ Stephen Fowles. A series of raffles for donated prizes raised funds for the squadron's work on behalf of Quincy's veterans. The squadron extends its gratitude to all who made this event such a success. Officers of Squadron 294 SAL who conducted the luncheon (from left to right): Finance Officer Guy Ferris, Sgt.-at-Arms George Bouchard, Squadron Commander Dave Piccuito, Vice-Commander Steven Dunlea, Adjutant Stephen Fowles and Vice Commander Chris Standing.



MUCH OF THE extensive decorating of both rooms of the Morrisette Legion Post home was provided by members of the Morrisette Post Auxiliary. *Courtesy Photos*

Nine New Early College Programs In Massachusetts

The Early College Joint Committee under the Healey-Driscoll administration unanimously voted last week to expand the Massachusetts Early College program, adding nine additional Early College partnerships and increasing the number of participating high schools to nearly 60 high schools across the Commonwealth.

Among the new programs are three partnerships with Boston Public Schools and UMass Boston, the first Early College programs with UMass. The additional Early College programs also scale up partnerships in Gateway Communities as well as in rural communities.

With these additional programs, nearly 7,800 Massachusetts students are projected to be enrolled in Early College programs by the upcoming school year. Following the Joint Committee's vote, there are now 48 designated Early College program partnerships across 58 high schools and 27 higher education institutions across the Commonwealth. Over 70% of the programs will now be in high schools within Gateway cities or Boston, and all are reaching students who have been historically underrepresented in higher education.

The Healey-Driscoll administration is committed to continuing to expand the Early College program and other workforce and higher education pathways that ensure Massachusetts students have the opportunities they deserve when they graduate high school. Gov. Maura Healey's and Lt. Gov. Kim Driscoll's FY24 budget proposal includes nearly \$47 million for Early College and Innovation Pathways, a \$14.4 million increase from FY23.

"I am thrilled to see our Early College program expanding to nearly 60 high schools in the Commonwealth. Early College gives students, particularly those who have been historically underrepresented in higher education, the option to try out college courses at no cost—creating a more competitive and equitable Massachusetts as more of those students continue their higher education," said Gov. Healey. "That's why our FY24 budget proposal makes targeted investments to expand pathways to success and build our skilled workforce, including increases to Early College."

"As the mayor of Salem, I saw firsthand the invaluable advantage for students participating in Early College programs and the benefits the programs could bring to partnership universities like Salem State," Lt. Gov. Driscoll said. "These nine new Early College programs are a win for the high schools and their students and families, the higher education institutions, and the future workforce in these communities."

"Governor Healey and I have proposed funding increases to opportunities like Early College, Innovation Pathways, and even apprenticeships, because every student, no matter their zip code, deserves access to a successful future."

"It is wonderful to see nine new Early College programs established for students across Massachusetts. In my previous role as Superintendent in Lynn, I oversaw the creation of the Commonwealth's second largest Early College program, because Early College programs can make all the difference in the futures of our students,"

said Education Secretary Patrick Tutwiler. "Early career pathways, like those provided by Early College and Innovation Pathways programs, are how we start to reimagine and transform high school — empowering students with opportunities for success."

"UMass is excited to receive our first official Early College designation from the Healey-Driscoll administration," said UMass President Marty Meehan. "With our colleagues at UMass Boston, we look forward to working with our partner high schools to open these brand new Early College programs and create new higher education opportunities for their students."

The Massachusetts Early College program gives students the opportunity to take college courses and earn credits at no cost before they graduate high school. Early College allows students to get a head start on their higher education and contributes to significantly higher college enrollment and completion rates, particularly for low-income, minority and first-generation college students. In 2019, approximately 76 percent of Early College students enrolled in college after graduation compared to 55 percent of their peers who did not participate in Early College. Data shows that the benefits from Early College make the biggest difference for students who are English learners, but those benefits are still significant for students of color and students from lower economic backgrounds.

In addition to the three new programs announced with UMass Boston, The University of Massachusetts system is currently piloting

the Commonwealth College Academy early college program with eight partner high schools, UMass Lowell, and UMass Dartmouth. The initiative is funded by a state incubator grant.

The Early College Joint Committee is charged with designing, developing and coordinating the administration of Massachusetts' statewide Early College program. The members of the Joint Committee include Secretary Tutwiler, Commissioner of Elementary and Secondary Education Jeffrey C. Riley, Commissioner of Higher Education Noe Ortega, Board of Elementary and Secondary Education (BESE) Chair Katherine Craven, Board

of Higher Education (BHE) Chair Chris Gabrieli, BESE member Matt Hills, and BHE member Paul Toner.

The Nine New Early College Designations include:

- Athol High School (Athol Royalston Regional School District) and Mount Wachusett Community College and Fitchburg State University
- Boston Community Leadership Academy (Boston Public Schools) and University of Massachusetts Boston
- Brighton High School (Boston Public Schools) and Bunker Hill Community College
- Drury High School (North Adams Public

Schools) and Massachusetts College of Liberal Arts

- Fenway High School (Boston Public Schools) and University of Massachusetts Boston

- Malden High School (Malden Public Schools) and Bunker Hill Community College

- New Mission High School (Boston Public Schools) and University of Massachusetts Boston

- Revere High School (Revere Public Schools) and North Shore Community College

- Veritas Prep Charter School and Springfield Technical Community College and Worcester State University.

Food Truck Group Inspection March 28

The South Shore Food Truck Association (SSFTA) will host a Group Board of Health Inspection event for its members on Tuesday, March 28th at 10:30 a.m. at Forge Pond Park in Hanover.

Health department and town representatives from 19 South Shore towns including Quincy will be on hand to inspect the trucks and accept applications for permits. The event was created to make the inspection process convenient for operators, as they apply for permits and are inspected by every town they vend in.

"Many people don't realize that restaurants need to be Board of Health certified in the town they are in, and food trucks need to be Board of Health certified in every town they vend in," said Katie Keefe, SSFTA president and owner of a food truck called Ellie's Treats. "Because of this requirement, getting inspections in each town is very time-consuming for our members, so we

created this event to make it more efficient for everyone."

Over 25 food trucks are expected to be at the event, according to Keefe, and all are members of the SSFTA. Having done this event over the past few years, it has become a big selling point for attracting new members to the organization.

Operators are expected to bring their trucks ready for health inspection. Permitting requires everything expected for a restaurant and more, including MA hawkers/peddler's license, ServSafe & Allergen Awareness certificates, Workers Comp affidavits, proof of truck's vehicle registration, menus, etc. Most towns charge between \$75-\$200 for an annual permit, and with 19 towns showing, if a truck was to get every permit available, it could cost well over \$2,500.

Participating towns holding inspections at the event include Hanover, Kingston, Pembroke, Abington, Whit-

man, Duxbury, Cohasset, Norwell, Brockton, Quincy, East Bridgewater, Marshfield, Avon, Stoughton, Rockland, Braintree, Plymouth, Scituate, and Taunton.

Because the application is the same and the process is more or less the same for each town, Keefe said the SSFTA is working with Senator Patrick O'Connor to possibly bring some change to the permitting process in Massachusetts and make it more standardized. "Massachusetts is the only state in New England that still does the permitting process this way for food trucks," said Keefe. "Many states in the U.S. offer state-wide or county-wide permits for mobile food vendors. States like Florida, Washington, and Georgia have recently made policy changes to make the process easier."

Mobile food operators who are interested in learning more about the SSFTA should contact the SSFTA at southshorefoodtrucksasoc@gmail.com.

YMCA Celebrates Community Generosity On Day Of Giving

South Shore YMCA members, staff and friends came together March 8th to support friends and neighbors through Y programs and services on YMCA Day of Giving. One hundred percent of the funds raised will be returned to the South Shore community.

Throughout the day, South Shore YMCA staff and volunteers met hundreds of members and donors at their Hale Family YMCA branch in Quincy, Emilson YMCA in Hanover, SSYMCA Early Learning Centers and After-School Program sites, SSYMCA Germantown Neighborhood Center, SSYMCA Gymnastics Center, and the SSYMCA Natural Science Center. The SSYMCA Camp Burgess & Hayward community showed their support by fundraising online from members nationally and internationally. Collectively, over \$25,000 was donated to the Y, showing the impact that occurs when a community comes together under a common cause.

Robert G. Noble, Sr. Scholarship Award

The Robert G. Noble Sr. Scholarship award has been established by the American Legion Cyril P. Morrisette Post 294 in memory of this beloved community figure and longtime activist who made the City of Quincy better.

As an Ex-POW of World War II, Mr. Noble served in the U.S. Army. He was a man of deep faith and lived a life of unwavering commitment to his family, friends and country. Mr. Noble personified the duty and sacrifice of "The Greatest Generation" and has left a legacy of service for generations to come.

One \$500 scholarship will be awarded to a resident of Quincy. The scholarship will be awarded to qualified high school seniors, currently enrolled college stu-

dents and students who have applied to or are attending a trade school. This will be the final year of the Robert G. Noble Sr. Scholarship. The Noble family thanks all who contributed to this fund in honor of their father. For further information and to receive an application contact Andrea Noble-White at: RGNoblescholarship@gmail.com. Deadline for submission is April 28.

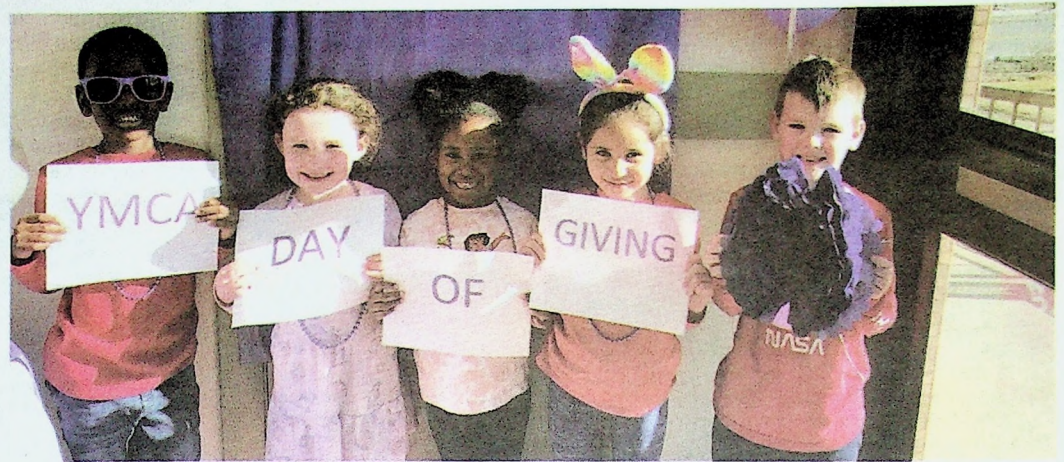
"The YMCA Day of Giving is one day that celebrates the generosity of our community, but the impact of these gifts can last a lifetime," said Paul Gorman, South Shore YMCA president and CEO. "Our Y exists to strengthen the communities we serve, offering

opportunities and support to those who need it most, today and for generations to come."

For more information about the South Shore YMCA or the YMCA Day of Giving, contact Joyce

MacDonald, South Shore YMCA senior development director at jmacdonald@ssymca.org. To learn more

about YMCA Day of Giving, visit ssymca.org/dayofgiving2023.



STUDENTS AT THE SSYMCA Germantown Neighborhood Center celebrate YMCA Day of Giving.



CHILDREN AT THE Hale Family YMCA get into the giving spirit on YMCA Day of Giving. Courtesy Photos

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Chen-Baryza CVTE Student Of The Year

5 Other Students Recognized As Award Finalists

Cont'd From Page 1

after taking it in freshman seminar and getting really excited about all the hand-work, machinery, tools and the general possibilities of creating with metal," she said.

"In the course, I've obtained a bunch of different skills from welding processes, to hand and power tool usage, safe work practices, machine operation, component installation and applied mathematical skills."

While at Quincy High School, Chen-Baryza has gained experience in MIG and TIG welding, as well as hand torch operation and sheet metal cutting. She has also learned AutoCAD software, proper hand and power tool use, and safe work practices, among other skills.

After graduating this spring, Chen-Baryza plans to study at the Wentworth Institute of Technology where she will major in engineering.

"I plan to attend college majoring in engineering because in addition to being a three-year welding student, I'm also a three-year engineering student. I hope to pursue that in college while finding a shop," to continue welding, she said.

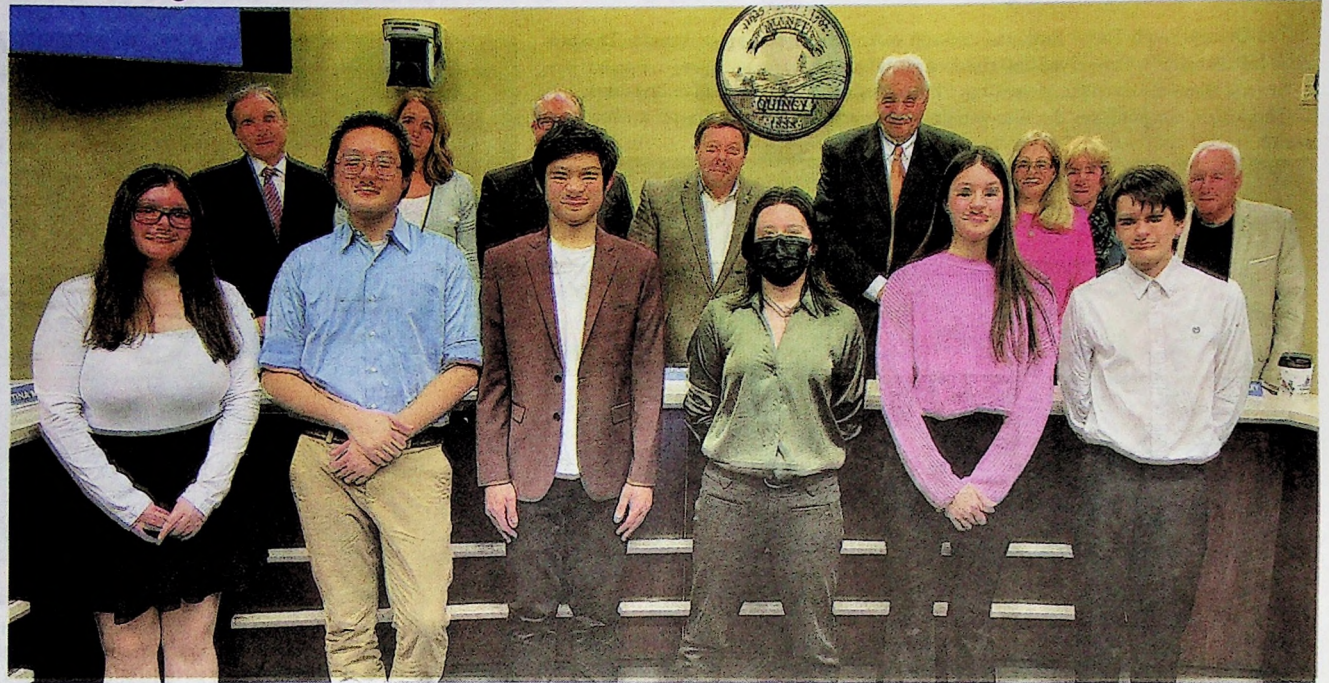
During her presentation, Chen-Baryza played a video demonstrating how she crafted a pair of metal roses. She began by cutting a piece of rebar that would serve as the stem of one of the flowers, then used a plasma cutter to make the petals. Then, she used different metal-working techniques to shape the petals and weld them to the stem and finished her project by spray painting the flowers.

Committee member Tina Cahill, whose father was a welder, said she was glad to see a student studying that trade.

"The welding is close to my heart. My father was a welder growing up," Cahill said. "You're not only smart but your welding is also artistic, as you can see. It brings that element to it. I'm happy to see that someone is continuing to work in that area and bringing some new light to the welding community."

Frank Santoro, the school board's vice chairman, said he was impressed to see Chen-Baryza majoring in two different fields.

"For you to accomplish, Madeline, both certifications is just unbelievable. Kudos to your guidance staff, principals, for ev-



MADLINE CHEN-BARYZA (front row, fourth from left) was recognized as the Quincy Public Schools CVTE Student of the Year during the March 8 meeting of the School Committee. Chen-Baryza is a senior at Quincy High School, where she studies both metal fabrication and engineering. Pictured in front with her are the other five finalists for the honor. From left: Victoria Bentley, Dante Nguyen, Sonny Le, Lillian Nguyen and John Thomas Malvesti.

Quincy Sun Photo/Scott Jackson

erybody to allow us to do that," Santoro said. "In the old days, if you were a vocational major student, you couldn't even get to college because you couldn't get the necessary classes to get there. So, kudos to everybody that has made that happen."

Scott Devlin, one of Chen-Baryza's metal fabrication teachers at Quincy High School, used the open forum portion of the meeting to tell the school board how proud of her he was.

"She does everything I ask of her in the shop. She goes above and beyond. Any project that I need done, I know I can go to her and immediately it will get done with poise, expertise, and every ounce of effort she has," Devlin said.

"I am so proud that she is our first metal fabrication student vocational student of the year, ever. I just wanted to say how proud I am of her and everything she's accomplished, and I just wanted to recognize her in the open forum."

The other finalists for CVTE Student of the Year were: Victoria Bentley, who studies criminal justice at Quincy High School; Sonny Le, a business technology student at Quincy High School; John Thomas Malvesti, a film and television production student at North Quincy High School; Dante Nguyen, an engineering technology student at Quincy High School; and Lillian Nguyen, a healthcare technology student at Quincy High School.

Each of those finalists gave a presentation highlighting their work in their chosen field.

Bentley showed a file she assembled containing evidence and other docu-

ments from the JonBenét Ramsey case; Le showcased Sonnet Studios, a video production company he founded; Malvesti played a short film he produced satirizing the College Board; Dante Nguyen displayed a full set of plans he drafted for a Habitat for Humanity home in Indiana; and Lillian Nguyen gave a presentation on the importance of CPR and demonstrated how to properly administer it.

Committee member Douglas Gutro said he was impressed by each of the presentations.

"A number of things blew me away - your poise, your professionalism and all of your presentations were so college or professional worthy. They were just lights out. They were really good," Gutro said. "What you've taught us is that you're learning top-shelf technical skills, that you're using critical thinking in ways that are so refreshing, I think, for every member of this school committee to see."

Cahill said she was glad to see how proud and supportive the students were of each other during their presentations.

"The one thing I wanted to say was watching all of you and your presentations, you're all so proud and supportive of each other, and that was really so great to watch as well," she said. "We're proud of you too and proud of the work that the voc-tech is doing every day."

Committee member Emily Lebo said the whole community should be proud of the programs offered within the school system.

"I just want to say how proud I am of our city to be able to offer these kinds of opportunities. Our kids can do everything and anything

that they want. I don't believe there is a school system in the state that offers these kinds of opportunities," Lebo said.

"And, I know it's not cheap. Having worked as a director of vocational education for many years, I know exactly how much it costs to run programs like

these...but every person in our city should be proud of the fact that we do this for our students."

To be eligible for the award, students must have a GPA of 3.5 and must also have work experience related to their chosen field, participate in extracurricular activities, and be involved

in the community. Career and technology instructors nominated students for the award and a screening panel identified ten semifinalists. The semifinalists were then interviewed by members of the Quincy School-Community Partnership, who determined the winner and the runners up.



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Quincy Youth Travel Basketball Season Success

The Quincy Youth Travel Basketball season recently wrapped up its season. The program had 20 teams which served 260 children from Quincy.

Several teams also won the MetroWest Championship in their respective divisions.

The league congratulates the title-winning teams and all the players on a successful season.



NORTH QUINCY – 7th Grade Boys – Finished the season to earn the #1 seed with an overall record of 13-1. The boys started their post season run defeating Dover Sherborn in the round of eight. In the final four the boys battled and overcame Franklin in a close game. In the finals, North Quincy defeated Newton to win their second consecutive Division 1 MetroWest championship. Front row: left to right - Cash Murphy, Connor Lynch, Jason Lai and Oisin Flaherty. Back row: left to right - Matt Gardner (coach), Finn Gendron, Trevor Gardner, Cole Doyle, Lucas Short, Aaden Chen, Aiden McGrath and Eddie Chen (coach).

Photos Courtesy Quincy Youth Travel Basketball



NORTH QUINCY – 7th Grade Girls – Finished the season with an overall record of 11-4 and the #2 seed. In the semi-finals, the girls defeated Wellesley to advance to the championship game. In the finals the North Quincy girls defeated Hopkinton to secure the MetroWest Championship in Division 2. Front row: left to right - Jennifer Xue, Siobhan Grant, Molly Powers, Gabby Davis and Coach Mark Jaehnig. Back row: left to right - Coach Caitlin Plaskasovitis, Alana McNamara, Gia Plaskasovitis, Caitlin Wood, Anna Allard, Olivia Campbell, Evelyn Lee and Coach Mull - Steve Mullaney.



NORTH QUINCY – 5th Grade Boys – The boy defeated Raynham in the round of 8. In the final four, the boys defeated Easton to advance to the championship game. In the title fight, the boys came out victorious in a nail biter against Brookline to secure the 5th Grade MetroWest Division 1 championship. Top left to right: Rob Murphy (coach), Ollie Murphy, Liam Sampson, Aiden Tran, David Papa and Aiden Robinson. Back row: Andre Robinson, Jayden Xue, Louis Pagnini, Jackson Hall-Evans, Hans Arrazola and Buddy Murphy (coach). Missing from photo: Noah Johnston.



NORTH QUINCY – 5th Grade Girls – The girls defeated Natick in the final four to advance to the championship game. In the finals, the girls defeated New Bedford to secure the 5th grade MetroWest Division 2 championship. Top left to right: Angela Mergel (coach), Dottie LeMay, Chrissy Mergel, Agatha Ibrahim, Grace Joyce, Natasha Faherty and Ryerson Bowes. Bottom left to right: Evie Allard, Paige Toland, Ashling Grant, Wren Campbell and Cait Allard. Missing from photo: coaches Liz Allard and Dom Catrambone.

Quincy Access Television
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Public Access Channel 8

Thursday, March 23
7:00pm: On the Road with Jazzy Bill
8:00pm: Remember the Ladies

Friday, March 24
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, March 25
2:00pm: Quincy College Scholarly Conversations
7:00pm: The Call

Sunday, March 26
11:30am: Quincy Point Cong. Good News
1:00pm: The Call

Monday, March 27
11:30am: LIVE: Currently in Quincy
5:30pm: CIQ Interview: QCAP Tax Assistance

Tuesday, March 28
7-9:10am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, March 29
6:00pm: Quincy Point Cong. Good News
7:00pm: The Call

Government Access Channel 9

Thursday March 23
4:00pm: Board of License Commissioners 3/21
5:00pm: Zoning Board of Appeals 3/21

Friday March 24
7:00pm: In the Know: Norfolk County Sheriff

Saturday/Sunday, March 25/26
9:30am: For Your Health: Type 2 Diabetes
10:30am: State View: Senator John Keenan
11:00am: At the Kennedy Center: License Renewal
12:00pm: City Council Incl. Public Hearing 3/20
6:00pm: In the Know: Norfolk County Sheriff
10:00pm: Board of License Commissioners 3/21
11:00pm: Zoning Board of Appeals 3/21

Monday March 27
10:30am: Health Links: Living Well with Parkinson's
6:00pm: Media Advisory: QFD Ceremony
7:00pm: TCPL Events Calendar

Tuesday March 28
4:00pm: LIVE: Board of License Commissioners 3/21
6:00pm: LIVE: Zoning Board of Appeals 3/21

Wednesday March 29
7:00pm: City Council Incl. Public Hearing 3/20

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



THE 3RD GRADE Boys (Tucker) won the 4th grade Division 7 MetroWest Championship finishing the 2022-23 season 11-5 in league play and 17-5 overall. Front row: Brendan McIntyre, Brady Bravo, Michael Shaw, Ball Boy: Ethan Shaw, Ball Girl: Alana Tucker and Makai Onwokeji. Back row: Leo Pagnani, Ethan Grieves, Jackson Tucker, Jack Vermillion, AJ Valentino. Coaches: Jared Tucker, Sean McIntyre and Michael Shaw.

Kaylie Sullivan On Sacred Heart U. Dean's List

Kaylie Sullivan of Quincy, Mass. has been named to the Dean's List for the fall semester at Sacred Heart University in Fairfield, CT.

NE Free Jacks Defeat NY Ironworkers In Rugby

The New England Free Jacks traveled to play rival New York Ironworkers for round 5 of the 2023 Major League Rugby season on Sunday.

This was the teams' first meeting since New York defeated an unbeaten New England in the 2022 Eastern Conference Final. The Ironworkers went on to win the MLR Championship for the first time. The Free Jacks and Ironworkers entered the match tied for first place in the East. Safe to say, both teams were eager to play with pace and land some fierce hits.

New York kicked off deep right to start the contest and New England quickly relieved pressure by kicking to touch. The opening minutes revealed the Free Jacks playing with lightning quick ball, really trusting their forwards to carry hard into contact and test the New York defense. The Ironworkers proved to be up to the challenge early on as they calmly denied the op-

position phase after phase.

The Free Jacks had the opportunity to strike first in the 8th minute after a messy maul, followed by a pick-and-go, which resulted in being held up in the try zone. Again, New York showed their cool heads under immense pressure as the first 10 minutes was a barrage of Free Jack's attack.

Ironworker's Prior was sent off in the 12th minute with a yellow card for a high tackle. Yet again, New York flexed their defensive muscles as they held up The Free Jacks from touching down for the second time in the first half.

The Ironworkers broke the stalemate with a penalty kick from #10 Sam Windsor in the 18th minute. Despite having the majority of possession, and a man up due to a New York yellow-card, the Free Jacks found themselves down 3-0.

The men from Quincy answered back in a hurry in the 20th minute with hometown hero Cam Davidowitz

finishing off a battery of forward punches and diving into the try-zone. Potroz's kick attempt went wide left but the Free Jacks had stamped their mark on the match taking the lead 3-5.

Not 10 minutes later did the Free Jacks march their way down the pitch and score a real team try; using both forwards and backs to find New York leaving defensive holes. New England's Balekana received a skip pass out wide and was able to touch down without an Ironworker in sight. Potroz slotted an impressive kick from the 5 meter line to extend their lead to 3-12 with 9 minutes left in the half.

New York's #10 Windsor found himself with an opportunity to chip away at their deficit, scoring another penalty kick adding 3 points for a 6-12 scoreline. Just before half-time New York put together an impressive full-team maul, allowing them to find space wide for Ngawati to touch down out

wide. That last minute score and missed conversion put the score at 11-12 to New England moving into the second half.

The Free Jacks burst into the second half with another try for Balekana in the 2nd minute. Their relentless pressure, combined with the quick vision of Poland and Votroz, led to another 5 points in the corner. Conversion missed by Potroz and the score stood at 11-17.

New York remained cool, giving themselves a great opportunity with a lineout on their attacking 5 meter line, which resulted in a strong maul and then a try for the men in blue. Conversion successful and New York battled back to take the lead, 18-17 8 minutes into the half.

The entertainment continued with both teams delivering hard-hitting blows on attack and defense. In the 51st minute New England found themselves back in scoring territory, trusting their forwards to do the hard

graft. For the 3rd time this match New York denied the visitors by holding them up in the try zone.

New England's forward pack continued to dominate, winning a scrum penalty in the 56th minute. Potroz kicked the ball down the field for a New England lineout, which resulted in a cheeky try from flier Van Der Bank and a successful conversion from the veteran 10. The Free Jacks retook the lead 18-24.

Sixtieth minute and New England made the tactical choice to kick for points after a New York penalty. Potroz calmly slots the 40 meter kick and takes his team up to 18-27.

Again in the 65th minute, the Free Jack's forward's unrelenting scrum forced a penalty, and then a kick to touch for a New England Lineout in New York territory. The Ironworkers have proven their strength on defense, but New England ultimately wins a penalty in front of the sticks and opts

for the penalty. Potroz converts and lifts the Free Jacks 18-30.

Deja vu all over again, in the 72nd minute Potroz squares up from the 40 meter line for a penalty kick, but to New York's delight, his efforts pushed the ball wide. With 5 minutes left in the match, New York needed a spark to give them a chance. Their defense had been remarkably solid against a blistering New England attack, but they had yet to produce on attack in the second half.

To put the final nail in the coffin, New England's forward pack yet again demoralized the New York scrum, drove them back and earned an easy penalty kick right in front of the posts. Player of the Match, Potroz, slotted it through as the final whistle sounded. New England Free Jacks defeat New York Ironworkers 18-33.

The Free Jacks next match is Saturday, March 25th, at their home, Veterans' Memorial Stadium in Quincy.

Rewarding Season For NQHS Boys' Basketball Team

The North Quincy boys' basketball program recently gathered to commemorate a season that featured the Patriot League Championship, most valuable player recognition for the second straight year, and a third straight appearance in the MIAA tournament.

The senior-laden Raiders, led by coach Kevin Barrett in his 17th campaign on the bench, finished the regular season at 15-6 overall and 14-2 in the Patriot League, claiming the Fisher Division title and placing them three games ahead of Scituate and four games clear of the leaders of the league's Keenan Division.

The Raiders were seeded #11 of 41 teams that qualified for the MIAA Division II State Tournament. They hosted Patriot League opponent Whitman-Hanson to kick things off in the round of 32, moving on after a thrilling win that saw the Raiders erase a 12-point fourth-quarter deficit to send the Panthers home, 49-48, when senior tri-captain

Nate Caldwell drained two free throws with 0.4 seconds on the clock.

In the round of 16 of the statewide tournament, the Raiders traveled to apple picking country to face Nashoba Regional (Stow, Bolton, Lancaster), the #6 seed at 18-2. The squad and coaching staff held their heads high after a 56-53 defeat in a raucous road atmosphere, finishing the year at 16-7.

Caldwell's heroics against Whitman-Hanson was just one of several highlights throughout the 2022-23 season, and a fitting follow-up to the success he and classmate Dylan Clifford enjoyed on the volleyball court and the gridiron. Of course, Thanksgiving marks the transition from high school football to basketball, and Caldwell and Clifford had high hopes as they began hoop practice the following Monday, even though Colm Geary graduated and 2021-22 Patriot League Fisher MVP Daithi Quinn had departed NQHS

to enroll at Tabor Academy.

That left Barrett with four rotation players from a team that advanced to the quarterfinal of the tournament in 2022: Caldwell, senior tri-captains Zach Taylor and Clifford, and sophomore point guard Kobe Nguyen. Senior forward Joe Bates completed a starting five that logged a large majority of playing time throughout the year. Guards Alex Pham and Nate Davis and big man Kevin Pritchard, all seniors, came off the bench to provide valuable minutes and meaningful contributions.

Taylor, a 6-2 forward and league all star in 2022 (along with Caldwell), announced himself in the season opener, dropping 31 points in a 61-48 win over Hanover, scoring on a variety of drives, finishes at the rim with both hands, and pull-up jumpers. Nguyen orchestrated the offense and added 15 points, 6-4 center Clifford chipped in with 11 points and 7 rebounds, Caldwell locked down on Hanover's top player, and

the 6-3 Bates debuted off his improved all-around game.

That turned out to be a recipe for early-season success, as the Raiders reached Christmas at 3-0. They topped Braintree in the opening round of the Adams Holiday Classic, thanks to a game-winning hoop by Davis and a career-high 15 points from Bates, before a 53-49 loss to Weymouth in the final. Taylor was named to the all-tournament team.

As the calendar turned, Barrett marked a personal milestone with a home win over Pembroke, giving him 179 wins for his career and making him the all-time winningest coach in North Quincy history. The Raiders would top Pembroke again in February, moving to 12-4 after drowning the Titans with a 29-2 run in the second half, with Pham sparking the offense with three triples. Later that week the Raiders clinched the Patriot League Fisher Division with an exciting defeat of Plymouth South.

To tune-up for the MIAA

tournament, the Raiders ended the regular season by participating in the IAABO Board 27 Comcast Tournament, a high-profile invitational featuring the top teams from Eastern Massachusetts. They would drop two games in Woburn, to Natick and Tech Boston, but benefited from the tournament-like atmosphere and competition. Taylor took home all-tournament honors after scoring 55 points on 71% shooting in the two games.

Following his dominant, historic season, Taylor was a unanimous pick as Patriot League Fisher MVP. His 573 points and 24.9 average were each second best in program history. He reached double figures in every game and eclipsed 30 points five times. His shooting percentage was a gaudy 58%, as he excelled in an offensive scheme that relies on ball screens, hand offs, back screens, and backdoor cuts to create scoring opportunities around the hoop. His point total represented 43% of the Raiders' total for the year, according to assistant coach and statistician Martin Dunham.

"What's most amazing is that Zach accomplished all of this while being the focal point of every opponent's defense," noted Barrett, adding that Taylor plans to play at Bridgewater State University next year. Barrett believes Taylor, and perhaps others, are deserving of consideration from upcoming all-scholastic teams that will appear in The Boston Globe, The Boston Herald, and The Patriot Ledger.

Caldwell, Clifford and Nguyen joined Taylor as Patriot League All Stars. Bates was recognized as the team's Scholar-Athlete and Davis received the Sportsmanship Award.

A handful of seniors rounded out this year's roster: Jerald Mortel, Sean Burns, Pat Webber, Grant Murphy, and AJ Montero. Underclassmen who figure to return for next season include Will Conley, Enhea Panariti, Nate Sampson, and AJ Arrazola.

In addition to Dunham, this year's coaching staff featured Chuck O'Brien and two Raider basketball alumni, Pat Gould and Conor Pound. Raymond Mei and John McGurty served as team managers.

Quincy Point Congregational Church

Sunday, March 26 is Stewardship Sunday at Quincy Point Congregational Church, 444 Washington St., Quincy.

It is also the Fifth Sunday in Lent. The Lenten Series, titled "Reconnecting with an Unhurried God," continues. This week's sermon is entitled "A Time for Every Matter" based on Ecclesiastes 3: 1-13.

The Worship Design Stu-

dio's Lenten series theme highlights the importance of making room for God during Lent and thus finding rest and renewal.

Worship begins at 10 a.m., both in-person at the Quincy Point Congregational Church Sanctuary located at 444 Washington St. and online on the church Facebook, Vimeo and YouTube pages. Don't forget to bring pledge cards to worship

today. Stewardship envelopes will also be available in the Narthex.

There is an elevator on the Abbey Road side of the building to facilitate access for anyone who needs it.

And as always please feel free to bring a friend along too to share the Good News.

Worship is followed by a time of Coffee fellowship in the downstairs Social Hall.

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Councillors Seek Review Of Zoning Code, Map

Cont'd From Page 1

amendments have been made in the decades since.

The resolution asks the administration to put together a proposal to start the process of conducting a citywide review of the zoning code and maps. That proposal would then be submitted to the City Council as the first step in the zoning review.

"This proposal ought to reflect the needs of residents, including but not limited to addressing issues of density, protecting open space, establishing and promoting viable business districts and industrial areas, incorporating access to public transportation options and broadening the tax base," the councillors wrote in the resolution, adding that the modernization of the zoning code and maps "shall provide clear and sound planning directives

which will ultimately result in cohesive development moving forward."

Speaking at Monday's council meeting, Liang noted she has pushed for a residential tax exemption in recent years but doing so would not be feasible presently because the city's tax base is largely residential; residential properties comprise 85 percent of the tax base.

"If we can't do that, then let's get really creative with what we can do," Liang said. "It's really about, for me, pushing towards increasing opportunities for commercial development and that's a big conversation to unpack."

In addition to looking at ways to encourage more commercial development, she said the zoning review would also take into consideration a number of items like access to public trans-

portation, providing more opportunities to create affordable housing, and where density is in the city.

"It all comes back to, I think, how we're building in the city as a whole and how that then impacts other developments that happen across the city," Liang said.

"First we should collect data and then do research and figure out where we are, and then from there use that to inform if we should change and if we are to change it, what would that look like."

McCarthy commended Liang for introducing the resolution. McCarthy also said each ward in the city is somewhat unique - Ward 1, which he represents, and Ward 6 include the city's peninsulas and are largely single-family while Ward 2 and Ward 4 have a mix of commercial and residential areas.

"I'm all for this, taking a good look," McCarthy said. "I always think that the ward councillors would have a grip on this a little bit in regards to the areas in their wards that always turn into those problem areas where a development would pop up. They know when that pops up someone might have the option to go a little bit overboard - that gets us into zoning and the discussion of what would fit in there."

"I think we're overdue. Even if we looked at the whole city - pulling the downtown pretty much out of it a little bit, but looking at the wards ward by ward and having everybody's input involved, I think that's a good move."

Andronico said the zoning review councillors are pushing for would pair well with a review of local zoning rules that MBTA communities like Quincy need to undertake to comply with a state law encouraging multi-family developments near T stations. The zoning review would also give residents a chance to have their voices heard.

"One of the things we keep hearing from constituents is 'this project doesn't belong in this particular neighborhood,' especially in Ward 2," Andronico said. "A lot of our neighborhoods are Res. B or commercial - there is a very tiny pocket of Res. A within Ward 2 - and oftentimes, as Councillor McCarthy noted, folks go overboard, and they definitely do that in Ward 2."

"Moving forward, I think this will provide a good opportunity for residents to have a bigger say in the communities that they want to live in."

Devine said residents of

Ward 4 are concerned about various developments taking place in the district.

"I think a lot of our constituents in Ward 4 would be happy to be hearing this because they've had a few things that they've had to take, and they haven't been very happy about a lot of them, and we have a lot of spaces that are probably affected most - there is even a property possibly up for sale...and a bunch of constituents are very nervous because it is almost a full acre of land," Devine said.

"It's a very true sentiment to how people are feeling, so thank you for bringing this up."

DiBona called the zoning review an important topic to address.

"I've been a councillor at large now for eight years and in the last year I've seen more people at the Zoning Board of Appeals than I've ever seen in all the years, so this is a great discussion to have," he said.

"We're obviously a city and we're growing, but we also have pockets of neighborhoods that we have to keep the aesthetics and the harmony of those particular neighborhoods."

Councillors did make one amendment to the resolution during Monday's meeting before approving it. That amendment calls for a review of the zoning map in addition to the zoning code itself.

Ward 5 Councillor Charles Phelan Jr. suggested adding the zoning map to the review. He expressed concerns about larger multi-family buildings going into Residence B zoning districts that are primarily composed of one- and two-family homes and into areas zoned as industrial.

"I think you also have to take a hard look at the zoning map, because those are where the main battles are happening in the wards," Phelan said. "Those are the neighborhoods that are the most affected. Those are the ones that I find are the most controversial."

The suggested amendment to include a review of the maps along with the zoning code was approved in a unanimous vote.

During the meeting on Monday, Ward 3 Councillor Ian Cain asked if anyone knew how much development would be needed in Quincy to make a residential tax exemption feasible. Liang said the city could technically establish the exemption now, but it would require raising tax rates to do so.

"It's not a matter of can we do it...it's a matter of at what point does it benefit residents to not have to pay that higher rate, and that always fluctuates based on the assessed values of the homes," Liang said.

"Instead of, for me, trying to home in on that number...it's more in general an increase in commercial development will move us closer to that end," she added, while the zoning review will also help address concerns residents have raised about development.

Cain said the zoning review would be a good exercise to go through, but said it was unrealistic to expect the city to see enough commercial growth to make the residential tax exemption feasible absent something major happening.

"I hate this discussion because I think it leads people to believe it is going to happen and I want to temper those sentiments out there. This is a nice exercise, but I wouldn't count on it, especially given the fact that over the last three years we have seen dramatic shifts in work and the office," Cain said. "Generally speaking, people aren't building office - they're looking for residential."

Councillor Anne Mahoney said the city needs to do a better job of enforcing the zoning code or else there is no point in reviewing it.

"We have to enforce the zoning that we do have, otherwise there is no point in doing any of this because if you're going to have zoning rules and you're not going to enforce them, then it doesn't make sense," she said.

"We are seeing neighborhoods actually organize together, hiring attorneys, and coming into the ZBA and it is turning into quite an unnecessary, uncomfortable situation where neighbors are not being heard."



THE COLOR BAR on Adams, located at 646 Adams St., Quincy, recently opened its doors with a ribbon cutting. Co-owner Leanne Griffin follows in the footsteps of her mother, who owned Headliners in Montclair for years. Her partner Shauna Vila is a native of Donegal, Ireland where she trained as a hair stylist. The two bonded over hair and decided to open their own shop next to Montilio's on Adams Street. From left to right: owner Shauna Vila, Mayor Tom Koch, owner Leanne Griffin, Quincy Chamber of Commerce Ambassador Katie Raimondi and Chamber President Tim Cahill.

Courtesy Photo

PUBLIC INFORMATION MEETING

PUBLIC INFORMATION MEETING

Subject: Weymouth Neck Infrastructure Improvements Project (WNIIP)
Meeting Date: April 6, 2023, 6:00 PM
Location: 182 Green Street
McCulloch Building, Mary McElroy Room

Purpose:

This is a public information meeting to discuss progress on the design of a proposed seawall replacement along Fort Point Road and associated drainage improvements in the area. The Weymouth DPW and engineering consultant Tighe & Bond will discuss a brief history of the project and recent progress that has been made to provide a more resilient seawall design and field questions from the public. To request oral language interpretation services, please contact the Town by March 30, 2023.

This design is being funded by the Commonwealth of Massachusetts Executive Office of Energy and Environmental Affairs Grants and FEMA BRIC Grant and matching town funds.
3/23/23

PUBLIC INFORMATION MEETING

公开信息说明会

主题: 韦茅斯颈区基础设施改善项目 (WNIIP)
会议日期: 2023年4月6日下午6点
地点: 182 Green Street
McCulloch Building, Mary McElroy Room

会议目的:

本次公开信息说明会的目的是: 讨论沿 Fort Point Road 拟建海堤更换工程的设计进展以及该地区相关排水系统的改进情况。Weymouth DPW 和工程顾问公司 Tighe & Bond 将讨论该项目的简要历史以及最近已取得的进展情况, 以便提供更具弹性的海堤设计方案及回答公众提出的问题。如需口语翻译服务, 请于 2023 年 3 月 30 日前联系镇政府。

该设计的资金来自马萨诸塞州能源与环境事务执行办公室拨款、联邦紧急事务管理局 (FEMA) BRIC 拨款, 以及配套的城镇基金。

Lane Closures On QSD

Beginning on Wednesday, March 22, and continuing through Friday, April 14, (excluding weekends), the Department of Conservation and Recreation (DCR) will implement right lane closures along Quincy Shore Drive (outbound) from Sachem Street to Rice Road in Quincy from 9 a.m.

to 3 p.m. to accommodate wood rail and guardrail replacement work.

The work crew will be on site from 7 a.m. to 4 p.m. DCR urges drivers and pedestrians to use caution in the work zone. Traffic patterns will be clearly marked, and a police detail will be on site.

PUBLIC HEARING

Sale of Quincy District Court

Pursuant to M.G.L. Chapter 34 Section 14, the Norfolk County Commissioners will hold a public hearing on Wednesday, April 19, 2023, regarding the sale of the Quincy District Court a/k/a Francis X. Bellotti District Court to the Commonwealth of Massachusetts at 4:00 P.M. in the Great Hall, Quincy City Hall 1305 Hancock Street, Quincy, MA 02169.

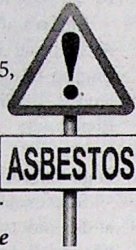
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The Quincy Sun CLASSIFIED AD FORM

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☐ \$9.00 for one insertion, up to 20 words,
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DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

Peter J. DiMaggio

Peter J. DiMaggio of Quincy, formerly of South Boston "Southie" passed away suddenly, Thursday March 9, 2023.

Peter was born on May 10, 1960, in Boston, MA. Loving father to Bianca DiMaggio of Weymouth and Dominic DiMaggio of Quincy. He was the beloved son of the late E. John and Pauline T. DiMaggio of South Boston. Dear Brother of Pauline Petrella and the late Dominic of Burlington, Virginia Rizzi and the late William of Sandwich, Marie Aiello and the late John DiMaggio of Braintree, Joanne and Louis Polcari of Weymouth, Christopher and Linda DiMaggio of Quincy, Richard and Joy DiMaggio of Suffield CT., Deborah and Eliezar Dawidowicz of N. Falmouth, Toni and Wil-



PETER J. DIMAGGIO

liam DesRoches of Melrose, Mary and Joseph Dillon of Waltham, Joseph, and Fayelle DiMaggio of Quincy, and the late Paul DiMaggio of Framingham.

Peter graduated Boston Public High School in June of 1978. He attended Blue Hills Regional Technical Institute and graduated with an Associate in Applied Science on June 7, 1981. In December of 1991 he earned his certificate in Computer Command Controls and Engine Repair with General Motors Corp. Peter loved working on cars and was a mechanic for Ford Herb Chambers in Braintree as well as other places.

The most important thing to him was his children and his family. He loved spending time cooking for his family, his favorite dish was pasta and meatballs. Peter was very skilled at ice skating and enjoyed playing ice hockey. Most of all his favorite pastime was making his loved ones laugh. He was known as the "fun and funny" uncle and adored spending time with his many nieces and nephews. Peter's sudden loss is absolutely heartbreaking to those who loved him, and he will be forever remembered and deeply missed.

A Celebration of Peter's Life was held at Dolan Funeral Home, 460 Granite Ave, East Milton Square, Thursday March 16.

In lieu of flowers donations in Peter's name may be made to St. Jude Children's Research Hospital, 262 Danny Thomas Pl., Memphis, TN 38105.

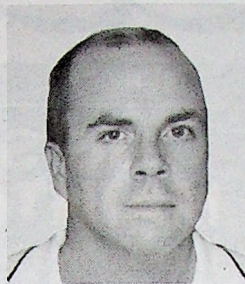
To leave the DiMaggio family a condolence message, please visit www.dolanfuneral.com.

David G. Jones, 55

David G. Jones of Brockton, formerly of Quincy, passed away suddenly Tuesday, Feb. 28, 2023, at the age of 55. He was born in Boston MA, and raised in Quincy, the son of the late Joseph Jones and Mary Louise O'Reilly. He attended Quincy Vocational Technical School, Class of 1986.

Partner of Joan Baker, of Brockton. David is survived by his sisters Theresa Jones and Carol Brown and her husband William, brother Christopher Jones and his wife Sarah, nephews, Joshua Brown and Christopher Jones, and nieces, Erin Jones and Sarah Brown. He is also survived by many cousins and several aunts and uncles.

David also graduated from Benjamin Franklin Institute for Technology and for most of his adult life worked as a sprinkler fitter. Most recently, he was a maintenance supervisor in



DAVID G. JONES

Brockton.

David was best known as a friendly person who could strike up a conversation with anyone. He also had a knack for making people laugh.

Visiting Hours were held Thursday, March 16, immediately followed by a Funeral Service. Burial will be private.

Funeral arrangements are under the care of Hamel-Lyndon Chapel. For information and online condolences, please visit www.HamelLydon.com.

Shirley M. Harrington, 93

Shirley M. Harrington, 93 of Houghs Neck, Quincy, died peacefully on Saturday, March 11, 2023 at O'Brien Towers where she has lived for 32 years.

She was the daughter of Arthur and Charlotte Harrington of Quincy. She attended Atherton Hough Elementary School and graduated from Quincy High School in 1950.

She owned and worked at the Variety Store on Rock Island Road in Houghs Neck, and will forever be a Neeka.

Shirley worked 14 years for Raytheon in Quincy, and then moved to Sigma Instruments in Braintree working for them for 21 years until her retirement.

Shirley was a lifelong member of the Houghs Neck Congregational Church where she was baptized. She was on the Board of Trustees, a Deaconess, Sunday School Superintendent, Assistant Leader of the youth group, and member of the Bonnie Lassies. Shirley donated the beautiful chimes in the sanctuary to her sister's memory. Helen Mae Harrington.

Shirley spent every



SHIRLEY M. HARRINGTON

chance she could in the beautiful country and with her relatives in Nova Scotia.

She was preceded in death by her two brothers Arthur and Donald Harrington. She leaves behind three nieces and three nephews, and families of relatives in Nova Scotia.

She leaves her friend Shirley Pearson also a member of the Houghs Neck Congregational Church. All services will be private.

Funeral arrangements are under the care of Hamel-Lyndon Chapel. For information and online condolences, please visit www.HamelLydon.com.

Donations may be made in Shirley's name to Houghs Neck Congregational.

Michael J. Blasi, 70

Michael J. Blasi, of Deale, Maryland, passed away on Wednesday, March 1, 2023, at the Anne Arundel Medical Center in Annapolis. He was 70.

Michael was born in Boston on August 15, 1952, to the late Michael A. and Dorothy (Salierno) Blasi. He grew up in Dorchester and briefly served in the United States Navy after high school.

Michael worked in the family-owned hardware store, Adams Hardware of Dorchester, while attending University of Massachusetts Boston, where he graduated with a degree in anthropology. He lived half of his life in Massachusetts before moving south and settling in Deale, Maryland. Michael was a government contractor, first as a software engineer, and ultimately as a manager of operations at NASA.

Michael was a talented finish carpenter and handyman. He was known for building toy chests, jewelry boxes, cabinets, and assisting with home renovations. In his spare time, Michael loved being on the water and boating on Chesapeake Bay.

Michael was the beloved fiancé of Karen Mitchell of Deale, Maryland, with whom he shared 21 loving years.



MICHAEL J. BLASI

He was the devoted father of Kristin Bain and her husband Robert of Brookline, and Michael R. Blasi and his wife Brianne of Plymouth. Michael was the loving papa of Emily and Ethan Bain of Brookline, and Cian and Luca Blasi of Plymouth. He was the dear brother of Patricia Joyce and her late husband Paul of Braintree, Donna Malfy of Rockland, Joseph Blasi of Braintree, Kenneth Blasi and his wife Maria of South Boston, and the late William Blasi and his surviving wife Rosemary of Quincy. Michael is also survived by many loving nieces, nephews, and cousins.

Visiting hours were held Sunday, March 19, in the Keohane Funeral Home, 785 Hancock St., Quincy.

See www.Keohane.com for directions and online condolences.

Arlowane 'Wane' Clark, 89

Arlowane "Wane" Clark, of Quincy, died peacefully at her home surrounded by close friends and her beloved pet Lilly on Thursday, Feb. 9, 2023. She was 89.

Wane's life was long and full. She had a long career as a flight attendant for Eastern Airlines that allowed her to travel the world. Her true passion however was rescuing dogs through Poodle Rescue of New England as a proud member for many years.

She was greeted in eternal life by her parents, her cousin Paulette, her long-time companion Glen and her many beloved poodles, most recently Kelly.

Wane had many interests including sewing, spending time at the Kennedy Senior Center playing cards and going on outings with friends there. She also spent a few years working on the election polls in Quincy. Wane was a kind and compassionate person to so many people, especially those she leaves behind. Her sister,



ARLOWANE 'WANE' CLARK

nieces, nephews, so many friends, especially Mike Cashman and her beloved dog Lilly will miss her but never forget her.

Following cremation, a private graveside service will be celebrated for Wane in Cedar Grove Cemetery, Boston.

In lieu of flowers, memorial contributions may be sent in Wane's name to Poodle Rescue of New England, P.O. Box 441447, Somerville, MA 02144-0012 or a charity of one's choice.

See www.Keohane.com for directions and online condolences.

IN MEMORIAM

In Loving Memory of
My Mom
Millie Kemp Kenney



100TH BIRTHDAY REMEMBRANCE

3-26-23 — 6-6-95

You were so proud to be a Neeka. You always said you couldn't imagine raising your family anywhere else.

I wish you were here so we could celebrate your 100th Birthday.

If there's anything after this life, I hope I'll get to see your beautiful smiling face once again.

We were so lucky to have had you in our lives. You'll be in my heart for Eternity.

Your Loving Son, Dick

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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Robert A. Verrochi, 81

Robert A. Verrochi, age 81, a longtime resident of Quincy, died peacefully, Thursday, March 9, 2023 at Hancock Park Rehabilitation and Nursing Center, in the comfort of his loving family.

Robert was born in Boston, to the late Ralph and Dolores (Triani) Verrochi. Raised and educated in Boston, he was a graduate of Dorchester High School, Class of 1959. He lived in Quincy for sixty years.

Bob was proud to have served in the United States Army during the early 1960s.

Bob was a skilled carpenter and proud member of the former Carpenter's Union Local 67. He also worked for J.F. White Contracting Company for many years.

He enjoyed photography, reading, and bird watching.



ROBERT A. VERROCHI

Beloved husband of the late Josette A. (McLellan) Verrochi.

Devoted father of John Verrochi, Mary Verrochi, Michelle Verrochi, Patrice Verrochi, Brian Verrochi and his wife Kerri, all of Quincy, and Joanne Miller and her husband Keith of El Paso,

Tex.

Loving grandfather of Joseph Verrochi, Josie, Frances, and Iris Verrochi, and Ian Miller.

Devoted brother of Ralph Verrochi and Richard Verrochi.

At Robert's request, funeral services were private.

For those who wish, donations in Robert's memory may be made to Saint John the Baptist Church, c/o 556 Washington St., Quincy, MA 02169 or the Daughters of Mary of Nazareth, P.O. Box 690789, Quincy, MA 02269.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Frances M. Cooper, 90

Frances M. (Barrie) Cooper of Weymouth passed away on Sunday, March 12, 2023, at the age of 90. Frances worked as a salesperson at the Bargain Center in Quincy until its closing in 1986. Frances loved old movies, music especially old country western songs, dancing and going to concerts.

Frances was the beloved wife of the late Charles J. Cooper; loving mother of Charles J. Cooper, Jr. of Weymouth, Cheryl Ann Cooper of Quincy, and Marsha Lehane of Quincy; devoted grandmother of Charles Cooper, III and his wife Alicia, of Weymouth,



FRANCES M. COOPER

Angel Marie Cooper of Quincy, and Casandra Norton of Quincy; great grandmother of Charles Cooper, IV, of Hingham, Hailey Cooper of Hingham, and Jaiden Cooper of Quincy;

dear sister of Elizabeth "Bizzy" Leahy of Pembroke and the late Margaret "Peggie" Ann Rogers; God mother of Douglas F. Leahy of Marshfield; Frances is also survived by many nieces and nephews.

Visiting hours were held Sunday, March 19th, in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center. On Monday there was a service in the Funeral Home followed by burial at the Massachusetts National Cemetery, Bourne.

In lieu of flowers, please consider making a donation to Homeless Veterans at support.woundedwarrior-project.org.

Theresa Lungari, 92

Theresa (Genuardi) Lungari, age 92, of Braintree, formerly of Quincy, died peacefully, Saturday, March 11, 2023 at the Hellenic Nursing and Rehabilitation Center in Canton.

Theresa was born in Quincy, to the late Angelo and Maddalena (Attardo) Genuardi. Raised and educated in Quincy, she was a graduate of Quincy High School, Class of 1948. She lived in Braintree for over sixty years, previously in Quincy.

She was employed with the Town of Braintree, working as a secretary for several



THERESA LUNGARI

assistant principals at Braintree High School. She retired in 1996 after twenty-five years of service.

She was a member of the

Church of Abundant Life in Braintree.

Theresa enjoyed playing cards and was devoted to her family.

Beloved wife for forty-five years of the late Ettore Lungari.

Devoted mother of Reverend David E. Lungari and his wife Wendy of Mechanicsburg, Pa., Paul M. Lungari of Braintree, and the late Brian A. Lungari.

Loving grandmother of Faith Joy Smith and her husband Seamus of Mechanicsburg, Pa.

Cherished great grandmother of Liam, Cailyn, and Caleb.

Theresa was the last of several siblings and is also survived by many nieces, nephews, great nieces, and great nephews.

Funeral Services were conducted at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Monday, March 20. Rev. Ron Ray, Lead Pastor, Church of Abundant Life, officiated. Interment followed at Pine Hill Cemetery, West Quincy.

For those who wish, donations may be made to the church or charity of your choice.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Rosemarie A. Gallo, 83

Rosemarie A. Gallo, a longtime resident of Quincy, passed away on Sunday, March 12, 2023. She was 83.

She was born in Quincy to Frances (Sansone) and Dominic Tantillo. Rosemarie grew up in Quincy and she graduated from Quincy High School, Class of '57. She was crowned "Ms. Quincy" in the school's beauty pageant. After high school she worked as a secretary in the Quincy Shipyard. She remained at the shipyard until the birth of her first child. She returned to working at Burgin Platner Insurance Co. after raising her second child. There she worked for about 10 years before earning a position as a computer operator with CNA Insurance.

In her spare time, Rosemarie enjoyed cooking, playing tennis, tending to her garden and spending time with her beloved cats,



ROSEMARIE A. GALLO

friends and family. She also enjoyed traveling, going on many cruises with her family. Her feisty, fun personality made her an absolute joy to be around. She will be missed by all who knew her.

Beloved wife of 24 years to the late Richard Gallo. Devoted mother of Dawn Marie Ierardo and her husband James of Quincy and the late Donald Maglio Jr. Cherished nana to Stephen Donald Venuti of Quincy. Loving sister to Janet Corbin and her husband James of Weymouth. Also survived by many nieces and neph-

ews. She is predeceased by her parents, Dominic and Frances Tantillo and her siblings: Frances Reeve, Joan Mathieson, and Nanette Jenkinson.

Visiting hours were held Monday, March 20, 2023, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service was held in the funeral home on Tuesday, March 21, 2023, prior to the Funeral Mass in Holy Trinity Parish at Our Lady of Good Counsel Church, 237 Sea St., Quincy. Burial in Mt. Wollaston Cemetery, Quincy.

In lieu of flowers, donations in memory of Rosemarie may be made to the Quincy Animal Shelter, PO Box 690088, Quincy, MA 02269 and the MSPCA, Attn: Donation, 350 S. Huntington Ave., Jamaica Plain, MA 02130. Please see www.Keohane.com for directions and online condolences.

Beverly A. Kidney, 86

Beverly A. (Sines) Kidney of Quincy passed away on Sunday, March 12, 2023, at the age of 86.

Beverly is the loving mother of Linda Hartshorn of Quincy, Charles S. Kidney, Jr. of Rockland, and Steven Kidney of Brockton; devoted grandmother of Ashley P. Richards and Keith Hartshorn; dear sister of the late Edward Sines, Sr., the late Richard Sines, the late Warren Sines, Sr., the late Frank Sines, Sr., and the late Helen Stetler.

Family and friends are invited to visiting hours on Wednesday, March 22nd from



BEVERLY A. KIDNEY

10 a.m. to 12 p.m. at the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center, with a service in the Funeral Home at 12 p.m. Burial to follow at Mount Wollaston Cemetery, Quincy.



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OBITUARY

Joseph W. Robichaud Jr., 77



JOSEPH W. ROBICHAUD JR.

Kelly of Westford, William Robichaud and his wife Janet of Andover, James Robichaud and his wife Shari of Byfield, the late Kathleen Robichaud, and the late Paul Robichaud and his surviving wife Sally of Gloucester. Joe is also survived by many loving nieces, nephews, extended family, and friends.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, March 23, 2023, 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

His funeral service will be celebrated on Friday, March 24, 2023, at 10 a.m. in Keohane Funeral Home, Quincy.

Services will conclude with interment and military honors in Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in Joseph's name may be sent to the Alzheimer's Clinical & Translational Research Unit (ACTRU) and mailed to Massachusetts General Hospital Development Office, 125 Nashua St., Suite 540, Boston, MA 02114 or made online at <https://giving.massgeneral.org/donate>; please be sure to indicate that the gift is a tribute gift in memory of Joseph.

See www.Keohane.com for directions and online condolences.

at Northeastern University and Sales Institute of America. Joe's career was in construction presiding as owner and president of MBR, a masonry business and J.W. Robichaud Construction both of Quincy and retired as a Vice President of Black Hawk Builders in North Reading.

Joe's goal in life was to always ensure his wife and children's happiness, regardless of the cost. He was most passionate about family and friends and late in life, veteran care and services. Joe believed in supporting the men and women that made the sacrifice to fight for our country. In his spare time, Joe could be found reading, working around the

Joseph W. "Joe" Robichaud Jr., of Mansfield, formerly of Quincy, died peacefully on Friday, March 17, 2023. He was 77.

Joe was born in Cambridge on July 6, 1945, he was the son of the late Joseph W. and Evelyn (Tryder) Robichaud. Joe was raised in Chelsea and Reading, attended local schools, and graduated from Reading High School. After high school, Joe enlisted in the United States Navy on Sept. 23, 1963. He earned the rank of Petty Officer Class 3 and proudly served his country during the Vietnam War. Joe was honorably discharged on Sept. 10, 1965. Following his time in the service, Joe continued his education

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-13

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Nick Wilson for a Variance to add a first floor bedroom and bathroom, a handicap ramp and a new doorway in violation of the Quincy Zoning Ordinance Sections 4.1.1 Table of Dimensional Requirements (Conformance) and 5.1.8 Table of Off-Street Parking Requirements on the premises numbered 124 MAYFLOWER ROAD, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-14

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance and Special Permit/Flood Plain to construct a 3.5 story single family home with a roof deck on a vacant lot in violation of the Quincy Zoning Ordinance Sections 4.1.1 Table of Dimensional Requirements (Minimum Lot Width/Frontage, Minimum Setbacks, Maximum Building Height and Number of Stories) and 8.1.9 Special Permit/Flood Plain on the premises numbered 84 POST ISLAND ROAD, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-18

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Rachid Aldakhlallah TRS for a Variance/Finding/Special Permit to construct a two-story, two (2) residential unit addition above the existing commercial building with an extension over the driveway in violation of the Quincy Zoning Ordinance Sections 3.4 Nonconforming Use and Structures 4.1.2 Table of Dimensional Requirements (Notes to Table) 5.1 Off-Street Parking & 9 Administration and Procedures on the premises numbered 110 FRANKLIN STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-16

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Jonathan Silverstein, Esq. for an Administrative Appeal of the Issuance of a Permit to allow the construction of an addition and extensive renovations to the existing dwelling in violation of the Quincy Zoning Ordinance Sections 8.1.5 Flood Plain Overlay District (Use Regulations) & 8.1.9 (Special Permit) on the premises numbered 15 JEWETT STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-21

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Ian McDermott for a Special Permit/Variance/Finding to demolish the existing two family home and construct a 4-story six unit residential building with parking under the building in violation of the Quincy Zoning Ordinance Sections 4.1.2 Dimensional Regulations (Notes to Table) 4.1.1 (Conformance) & 3.4.3 Use Regulations (Nonconforming Structures) on the premises numbered 59-61 SPEAR STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

LEGAL NOTICE

**CITATION GIVING
NOTICE OF PETITION
FOR APPOINTMENT OF
CONSERVATOR OR
OTHER PROTECTIVE
ORDER PURSUANT TO
G.L. c. 190B, §5-304 &
§5-405**

Docket No. NO23P0595PM
**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021**
**In the matter of:
Peter Kwan
Of: Quincy, MA
RESPONDENT
(Person to be
Protected/Minor)**

To the named Respondent and all other interested persons, a petition has been filed by Yaunee Chui of Quincy, MA in the above captioned matter alleging that **Peter Kwan** is in need of a Conservator or other protective order and requesting that Yaunee Chui of Quincy, MA (or some other suitable person) be appointed as Conservator to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **04/12/2023**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 10, 2023

COLLEEN M. BRIERLEY
Register of Probate

3/23/23

LEGAL NOTICE

**CITATION GIVING
NOTICE OF PETITION
FOR APPOINTMENT OF
CONSERVATOR OR
OTHER PROTECTIVE
ORDER PURSUANT TO
G.L. c. 190B, §5-304 &
§5-405**

Docket No. NO23P0572PM
**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021**
**In the matter of:
Roman Rauch
Of: Quincy, MA
RESPONDENT
(Person to be
Protected/Minor)**

To the named Respondent and all other interested persons, a petition has been filed by South Shore Hospital of South Weymouth, MA in the above captioned matter alleging that **Roman Rauch** is in need of a Conservator or other protective order and requesting that Bogdan Rauch of Quincy, MA (or some other suitable person) be appointed as Conservator to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **04/12/2023**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 8, 2023

COLLEEN M. BRIERLEY
Register of Probate

3/23/23

**PLEASE RECYCLE
THIS NEWSPAPER**

Quincy College Literacy Programs Get Boost From 5-Year State Grant

Quincy College's popular HiSET and ESOL programs – which create educational foundations for students seeking to earn a high school diploma or improve their English skills – have received a significant infusion of state funding.

The Massachusetts Department of Elementary and Secondary Education (DESE) has awarded the College an Adult Education and Family Literacy Services grant of \$175,000, beginning this year and continuing for the next four years.

The grant will help the College continue to offer High School Equivalency Test (HiSET) programs as well as English to Speakers of Other Languages (ESOL) free of charge on its campuses in Quincy and Plymouth.

There are currently 90 students enrolled in these two programs; 80 percent are attending in-person classes four days per week. The curriculum offerings include ESOL Low Intermediate and High Intermediate as well as two High

School Equivalency Test (HiSET) levels (Pre-HiSET 5-8 and HiSET 8-12), creating a continuum of services as a pathway for students who may then choose to enter certificate or Associate's degree programs at Quincy College.

"Our free ESOL and HiSET programs are designed to help students prepare for college or a career," said Program Coordinator Ingrid Kaplan, who also serves as an ESOL instructor. "By offering different levels through in-person, hybrid and online modalities, we provide students with options – and necessary support – to achieve their educational goals."

"Developing and implementing educational and training programs based

on student need is at the core of our mission," said Kate Lopci, Quincy College's Vice President of Workforce, Economic and Institutional Development. "Thanks to the support of our partners at DESE, these particular programs prepare students to not only improve their English language skills or earn their high school diploma but pave the way for them to enter college and secure better employment."

Some students who have recently completed the highest level of ESOL instruction have already transitioned to Quincy College credit courses, and others who have expressed interest in the College's degree programs are expected to enroll soon.

"These programs pro-

vide such opportunity to so many members of our community," said Dr. Richard DeCristofaro, president of Quincy College. "Students enrolled in our HiSET and ESOL courses learn in a supportive environment

that builds confidence and positions them for a level of future success. And it's especially gratifying to see many of them seeking to further their education by remaining on our campus as college students."

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-22-69

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Marcus Miraldi for a Variance to construct a second floor addition to the rear of the home in violation of the Quincy Zoning Ordinance Section 4.1 Dimensional Requirements (Side Setbacks) on the premises numbered 14 NELSON STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-15

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance to convert the existing single family home to a two-family dwelling and construct a side addition in violation of the Quincy Zoning Ordinance Section 4.0 Dimensional Regulations on the premises numbered 33 N CENTRAL AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-17

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Liem Nguyen for a Finding to install a six (6) foot safety/privacy fence on the Rogers Street side in violation of the Quincy Zoning Ordinance Section 4.2.8 General Requirements (Fences & Hedges) on the premises numbered 47 HALL PLACE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-20

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an **Open Public Hearing** will be held on **Tuesday, April 4, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Barry Crimmins for a Special Permit to operate a dog day care business with the option for overnight accommodations in violation of the Quincy Zoning Ordinance Section 3.1 Use Regulations (Principal Uses) on the premises numbered 405 SEA STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

3/16/23, 3/23/23

PUBLIC NOTICE

The Quincy Housing Authority (QHA) has created a new Five-Year Action Plan for the Capital Fund Program for years 2023 thru 2027. This Five-Year Action Plan is available for a forty-five (45) day public review and comment period starting Wednesday, March 22, 2023. The Five Year Action Plan is available for inspection in the lobby of the QHA office at 80 Clay St. Quincy, MA and on the QHA website: www.quincyma.com. A public hearing to review any comments on the Five-Year Plan will be held on Friday, May 5, 2023 at 1:30 pm in the 12th floor conference room at 80 Clay St. Quincy, MA.

James Marathas
Executive Director

3/23/23

LEGAL NOTICE

DIVORCE SUMMONS BY PUBLICATION, EMAIL
Docket No. NO21D0750

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Nimrah Bakhsh vs. Ma'Alam Abdullah

To the above named defendant:

The plaintiff has filed a complaint for Divorce Requesting that the court Grant a divorce for **irretrievable breakdown**. The complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon: **Nimrah Bakhsh Abdullah**
400 Foxborough Blvd
6309
Foxboro, MA 02035

your answer, if any, on or before **April 20, 2023**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 6, 2023
COLLEEN M. BRIERLEY
Register of Probate

3/23/23

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO22P3320EA

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of: Richard A. Hazard
Date of Death: 11/01/2022

To all persons interested in the above captioned estate, by Petition of:

Petitioner John Hazard of Lynn, MA

John Hazard of Lynn, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

3/23/23

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P0538EA

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of: Francis X. Jackman
Date of Death: 04/11/2020

To all interested persons:

A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Janet Emily Loomis of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Janet Emily Loomis of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **With Personal Surety** on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 04/12/2023**. This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 7, 2023
COLLEEN M. BRIERLEY
Register of Probate

3/23/23

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO23P0521EA

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of: Nusha Peggjonaj
Date of Death: 10/20/2022

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **George Peggjonaj of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **George Peggjonaj of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 04/05/2023**. This is **NOT** a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

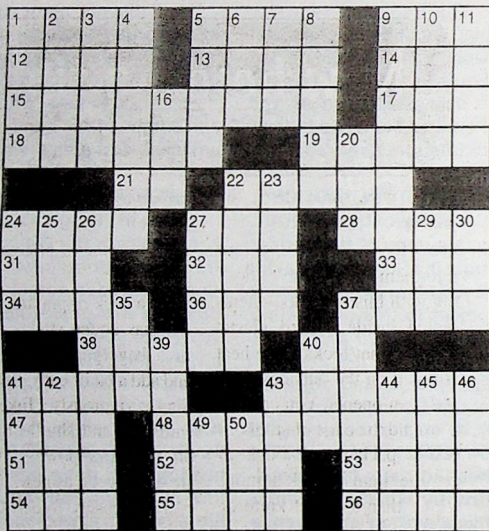
Date: March 3, 2023
COLLEEN M. BRIERLEY
Register of Probate

3/23/23

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Blunder
5 Sir's partner
9 Witty one
12 Massage target
13 Lamb alias
14 "Evil Woman" gp.
15 Dairy aisle purchase
17 Zodiac feline
18 Indiana city
19 TV's DeGeneres
21 Rejection
22 — buddy
24 Bears' hands
27 Candy-heart word
28 Ashen
31 "— Believer"
32 Epoch
33 Actress Ruby
34 Attire
36 The whole enchilada
37 Barking mammal
38 Dark and gloomy
- DOWN**
- 1 Stare stupidly
2 Twice cuatro
3 "Hmm, I guess so"
4 Criminals
5 Office note
6 "The Greatest"
7 Be sick
8 "This — no sense!"
9 Built to last
10 Downwind
11 Thug
- 40 "I see"
41 "Shrek" princess
43 Scents
47 Adj. modifier
48 Canning jar feature
51 King, in Cannes
52 Tale teller
53 "Woe —!"
54 World Cup cheer
55 China (Pref.)
56 Legendary loch
- 16 Punk-rock subgenre
20 Prune
22 Strapping
23 Track shape
24 Pot-bellied pet
25 Docs' bloc
26 "Dunkirk" or "Platoon," e.g.
27 Faucet problem
29 Meadow
30 Snaky fish
35 Chignon
37 Sure winner
39 "Lady Love" singer Lou
40 Branch
41 Gambling game
42 Pedestal occupant
43 Sleek, in car lingo
44 Inspiration
45 \$ dispensers
46 Females
49 Sundial numeral
50 Author Brown



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MAGIC MAZE • POTATO —

X P L I E A X T Q N J G C Z W
T Q P N J G D A X U R O L J G
D E A A X R M V P S P N K I F
T C N A X V E R U S Q O L J H
E N C I T C A H O D F R X V T
R P A N M H L S S W A E J H F
D B K L S A G Y L A R L X D V
T R E P P O F I M E M E A K I
G E S N I K S E L T E E B S D
B D A E H Z X W U B R P T U R
Q O N L C J I G F B D C A Y T

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: MR. POTATO —

- | | | | |
|--------|----------|--------|----------|
| Beetle | Famine | Peeler | Skins |
| Blight | Farmer | Peels | Soup |
| Bread | Masher | Plant | Tubeworm |
| Chips | Pancakes | Salad | |

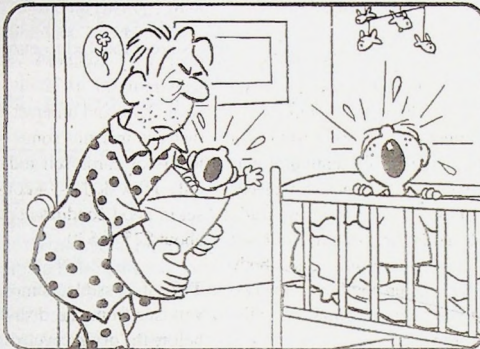
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HOCUS-FOCUS

BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. 1. Rattle is missing. 2. Rattle is missing. 3. Rattle is missing. 4. Rattle is missing. 5. Rattle is missing. 6. Rattle is missing. 7. Rattle is missing. 8. Rattle is missing. 9. Rattle is missing. 10. Rattle is missing. 11. Rattle is missing. 12. Rattle is missing. 13. Rattle is missing. 14. Rattle is missing. 15. Rattle is missing. 16. Rattle is missing. 17. Rattle is missing. 18. Rattle is missing. 19. Rattle is missing. 20. Rattle is missing. 21. Rattle is missing. 22. Rattle is missing. 23. Rattle is missing. 24. Rattle is missing. 25. Rattle is missing. 26. Rattle is missing. 27. Rattle is missing. 28. Rattle is missing. 29. Rattle is missing. 30. Rattle is missing. 31. Rattle is missing. 32. Rattle is missing. 33. Rattle is missing. 34. Rattle is missing. 35. Rattle is missing. 36. Rattle is missing. 37. Rattle is missing. 38. Rattle is missing. 39. Rattle is missing. 40. Rattle is missing. 41. Rattle is missing. 42. Rattle is missing. 43. Rattle is missing. 44. Rattle is missing. 45. Rattle is missing. 46. Rattle is missing. 47. Rattle is missing. 48. Rattle is missing. 49. Rattle is missing. 50. Rattle is missing. 51. Rattle is missing. 52. Rattle is missing. 53. Rattle is missing. 54. Rattle is missing. 55. Rattle is missing. 56. Rattle is missing.

Trivia test

- by Fifi Rodriguez
- AD SLOGANS:** What company advertises its clothing with the ad slogan, "Quality never goes out of style"?
 - SCIENCE:** What is the tallest grass in the world?
 - MOVIES:** What is the name of the camp in "Friday the 13th"?
 - GEOGRAPHY:** What is the term when two water streams join to form a larger stream?
 - INVENTIONS:** What is Tim Berners-Lee credited with inventing?
 - ANATOMY:** Where are the quadriceps located?
 - LITERATURE:** Which poet wrote a six-volume biography of President Lincoln?

- coln?
- TELEVISION:** Timothy Lovejoy is a minister on which animated TV series?
 - ANIMAL KINGDOM:** Yaks are native to which region?
 - U.S. PRESIDENTS:** Before he was elected president, which of the founding fathers attended the coronation of Napoleon at Notre Dame Cathedral?
- Answers**
- Levi's.
 - Bamboo.
 - Camp Crystal Lake.
 - Confluence.
 - World Wide Web.
 - Thighs.
 - Carl Sandburg.
 - "The Simpsons."
 - Tibet, China.
 - James Monroe and his wife Elizabeth.

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Wishing Well®

6	5	6	8	7	3	4	8	4	3	4	3	6
W	C	I	A	A	G	S	S	P	L	E	O	S
5	8	2	5	8	4	2	4	5	7	5	7	5
H	O	B	E	C	C	E	I	C	V	K	O	I
2	5	2	3	5	4	3	6	4	2	3	7	3
G	T	O	R	T	A	Y	H	L	O	F	I	R
2	3	6	3	5	7	5	8	5	7	2	8	6
D	O	G	M	W	D	I	I	C	D	T	A	R
2	7	6	5	6	2	4	2	4	6	2	3	6
O	E	A	E	N	Y	E	O	V	T	U	C	E
4	6	7	2	8	4	8	2	7	3	8	7	4
E	D	B	R	L	N	E	S	A	H	V	T	T
7	2	3	2	3	8	3	8	3	2	8	3	3
E	E	I	L	L	E	D	N	R	F	T	E	N

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) The adventurous Aries won't be disappointed with taking on a new challenge, despite some initial misgivings. Look for this move to open other opportunities down the line.

TAURUS (April 20 to May 20) Let that beautiful Bovine smile not only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers around you. Also, a new admirer has important news.

GEMINI (May 21 to June 20) Be careful how you handle a relationship that you're hoping to save. You already have the facts on your side. Avoid weakening your position by embellishing it with unnecessary dramatics.

CANCER (June 21 to July 22) Taking definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your decision, but also reassure others that it was the right thing to do.

LEO (July 23 to August 22) As a proud Lion, you're right to be upset about those who might be lying about you to others. But the best revenge is proving them wrong by succeeding at what you set out to do.

VIRGO (August 23 to September 22) Caution is still advised before making a financial commitment to a "promising" project. Look for the facts behind the fluff. Meanwhile, devote the weekend to loved ones.

LIBRA (September 23 to October 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experience that will help you avoid similar problems in the future.

SCORPIO (October 23 to November 21) A romantic situation creates some chaos for single Scorpions. But it's well worth the effort to work things out. A trusted friend can offer some helpful advice.

SAGITTARIUS (November 22 to December 21) Expect to make new friends as your social circle expands. Also, remember to tell that family member how proud you are of their achievements.

CAPRICORN (December 22 to January 19) New ventures continue to be favored. With your self-confidence rising all the time, you'll want to see how well you can do with a new challenge. So, go to it.

AQUARIUS (January 20 to February 18) This is a good time for the usually serious-minded Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.

PISCES (February 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when necessary. Don't let yourself get talked into changing your decisions.

BORN THIS WEEK: You have a gift for bringing people together. You would make a very fine judge or counselor.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: C equals B

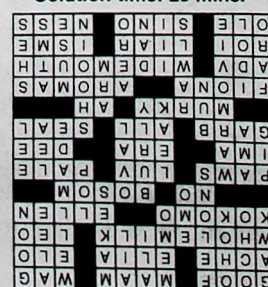
RZRS GWPMIW CPGW CRYTGT PJ
CMFQRS YFR UPZRFQRQ LS QRSTR
JMF, GWYG PSR LT GWR
WYLFLRF UYFFLRF.

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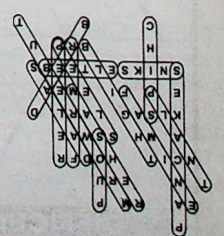
King Crossword

Answers

Solution time: 25 mins.



Magic Maze



CryptoQuip answer

Even though both beasts of burden are covered in dense fur, that one is the hairier carrier.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Brooke Shields (now 57), last seen in the 2021 Netflix rom-com "A Castle For Christmas" (with "The Princess Bride" star Cary Elwes), is the subject of the two-part documentary "Pretty Baby," following the exploitation and sexualization Shields endured as a child actress since the age of 12. The doc was produced by George Stephanopoulos and his wife, Ali Wentworth. Shields is currently doing another rom-com for Netflix, titled "Mother of the Bride," with former "iCarly" star Miranda Cosgrove and former "Law & Order" star Benjamin Bratt. Shields was wed to tennis great Andre Agassi from 1997-99, then wed producer/director Chris Henchy in 2001. Henchy and Shields have two daughters.

Chris Pine doesn't know what's become of "Star Trek 4," confessing that he's been kept out of the loop regarding the film. "I don't know anything," Pine said. "It feels like it's cursed." Paramount took "Star Trek 4" out of production last September, despite claiming that they've got a fantastic script ready to shoot. Pine feels that because "Star Trek 3" only made \$344 million instead of the expected \$1 billion grosses Marvel pictures make, Paramount decided to table it for a while. However, all that may change when Pine's latest epic "Dungeons & Dragons: Honor Among Thieves" gets released March 31. Originally due July 2021, shooting didn't begin until April 2021, and the film finally wrapped in August 2021. Perhaps Para-

mount Pictures, who is also releasing "Dungeons," wants to see Pine's box-office pull. A spinoff series consisting of eight episodes is already in the works at Paramount+. In the meantime, Pine is directing and acting in "Poolman" (the script for which he co-wrote with Ian Gotter). It began shooting in June 2022 and co-stars Annette Bening, Danny DeVito, Ariana DeBose and Jennifer Jason Leigh. Pine plays a character who discovers a sizable water heist, ala "Chinatown" (1974).

Is 21-time Oscar nominee and three-time Oscar winner Meryl Streep slowing down now that she's 73? Her last film in movie houses was "Little Women," in 2019. Then she made streaming films for Netflix — "The Prom" (2020) and "Don't Look Up" (2021) — as well as HBO Max's "Let Them All Talk" (2020). They weren't major roles, but you can bet they paid well. Now she's headed to a guest starring role in season three of "Only Murders in the Building." Has she been trapped by the ageism actresses groan about?

Also slowing down is Tom Hanks, who usually gets two or three films under his belt in a year. His last two — "Elvis" (as Colonel Tom Parker) and Disney's live-action "Pinocchio" (as Geppetto) — were highly successful. It's surprising he'd take a cameo in Wes Anderson's big star-studded film "Asteroid City." But then again, when you're worth upward of \$400 million, you can do whatever you hank'er to!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-		11		
+		x		÷			
	-		x		5		
÷		-		+			
	x		-		10		
6		16		13			
1	2	3	4	6	7	8	9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Les Lalanne Sculptures — In 1966, Claude and Francois-Xavier Lalanne became known as the co-creating duo "Les Lalanne" (The Lalanne). The husband-and-wife team made surreal dreamlike sculpture, bridging the real and the unreal to create unique hybrid sculpture. Francois-Xavier is best known as a creator of sculptural animals that were not only pieces of art but also were furniture. Claude's inspiration is drawn from vegetation and body parts, often combining the two to produce original surrealist forms.

Claude created cast body parts in the 1970s including the "Doigt" sculptures. "Doigt," which means "finger" in French, are realistic copper caps that can be slipped on the tips of fingers. They are each about 1 inch high. Some of the Doigt sculptures included parts of plants, flowers or insects to construct a new dreamlike being. Les Lalanne sculptures are well known and widely collected.

Q: I heard old Fisher-Price toys are collectible. We have a Fisher-Price School Days desk with a green magnetic chalkboard top and a pull-out tray filled with magnetic plastic letters. A compartment with a sliding lid holds extra letters and numbers, and an open section above it holds 16 word or number stencil cards. You put the card on top of the chalkboard and fill in the spaces to make a word. The number "176" is on the side and there's a red carrying handle on the bottom. What is this worth?

A: Fisher-Price was founded by Herman Fisher, Irving Price and Helen Schelle in East

Aurora, New York, in 1930. The company was bought by Quaker Oats in 1969. It was spun off in 1991 and operated as an independent company until 1993, when it was bought by Mattel. Fisher-Price made the No. 176 School Days desk beginning in 1972. It came with chalk and an eraser. Sets that are missing some of the letters or cards sell today for only a few dollars. A complete set in good condition sells for about \$25 to \$30.

TIP: If possible, remove silverware from the dishwasher before the drying cycle begins.

CURRENT PRICES

- Phonograph, Emerson, Big-Big, portable, blue and white, tone and volume knobs, folding case, latch closure, top handle, electric, 10 x 12 inches, \$24.
- Video-game system, Atari 5200 Supersystem, console, controllers, switchbox, box, 16 x 25 inches, \$113.
- Decoy, Canada goose, hand-carved, tack eyes, working repainted finish, early 20th century, 10 x 25 1/2 x 7 1/2 inches, \$410.
- Top hat, beaver, leather box, tan calfskin, wide lid, top handle, clasp, printed fabric lining, marked, c. 1820, 11 x 15 x 9 inches, \$450.
- Silver gilt candlestick, George II style, knopped stem, masks, acanthus leaves, four-lobed base, stepped, mask corners, hallmarks, Royal Irish Silver Ltd., Dublin, 1969, 6 1/4 inches, pair, \$968.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2022 by Terry and Kim Kovel has the resources you're looking for.

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Strange BUT TRUE

• Did you dislike Brussels sprouts in your youth? Turns out they don't taste the same nowadays, thanks to Dutch scientist Hans van Doorn, who figured out which compounds in the sprouts made them bitter, then helped begin the work of selecting seeds that would produce more palatable results.

• The first gun was made in 1,000 AD in China.

• While ostriches can't fly, no bird on Earth can match their speed on land, since they can not only sprint at up to 43 mph, but cover more than 10 feet in a single stride.

• A 50 by 50 foot area of healthy lawn generates enough oxygen to supply a family of four.

• Every year, 1.2 million students drop out of school. That's 7,000 dropouts every day, or one every 26 seconds.

• Notorious gangster and bank robber Charles "Pretty Boy" Floyd endeared himself to the American public

by destroying mortgage papers at the banks he held up, freeing a lot of folks from their debts.

• The First Gulf War in 1991 technically never ended. There was just a cease-fire. The U.K. used that legal loophole to justify entering the Second Gulf War in 2003.

• In 2000, Sony invented a movie critic named David Manning and used his fictional quotes to promote the company's movies. The ruse backfired when Sony ended up paying over \$1.5 million to moviegoers in a class action lawsuit and over \$300,000 to the state of Connecticut, where "David Manning" supposedly worked at a small weekly paper.

• The throne of Denmark is made of narwhal tusks, which were claimed to be unicorn horns, and is flanked by three life-size silver lions, inspired by the legend of King Solomon's throne.

Thought for the Day: "Go out on a limb — that's where the fruit is." — Will Rogers

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Now here's a tip!

by Jo Ann Derson

- The way some items are packaged these days, you need to be Houdini to get into them. When you're dealing with blister packs — items sealed inside a hard plastic wrapper that looks to be heat crimped on the outsides — try your can opener. You can run it around the edge of stubborn plastic packages, enough to get the item out. It's more secure than a carpet knife or razor.
- Want to be able to tell at a glance which key belongs to the front door, the shed, your grandma's house, etc.? Raid your (or your wife's or daughter's) stash of nail polish to paint the tops of keys to color code them.
- "Styrofoam trays that come with meat or in the produce area are very handy helpers for lots of little jobs. If yours are clean and unmarred, wash with hot, soapy water, rinse and dry for later. They are perfect for sending a friend home with leftovers, as you

- can cover the meal with plastic wrap. There is then no need to return a plate." — D. in Indiana
- For a deck of playing cards that has gotten sticky, put it in a bag (paper or plastic) and add a bit of baby powder. Shake vigorously. Take the cards out and shuffle to get off the extra powder. They are likely good as new.
- "Tidy loosely folded electric cords by storing them in cardboard tubes. The tubes can be cut to fit from a paper towel roll, or you can use a smaller, toilet-paper roll. Even long cords can be stored together in a gift-wrap core. Do not overfill a tube, nor wind any electrical cord too tightly." — O.R. in Nevada
- If you have a juice spill on clothing, try club soda to remove it when the stain is fresh.

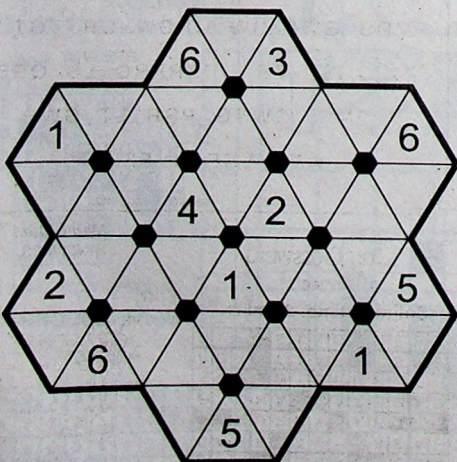
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

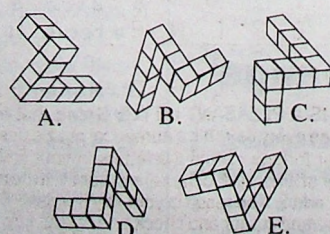
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

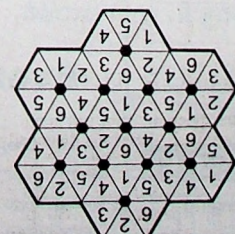
Which figure is different from the others in the way that it is oriented?



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SNOWFLAKES

solution



Go Figure!

answers

13	16	6
10	6	8
+	-	÷
5	4	9
÷	x	+
11	7	3

Stickelers Answer

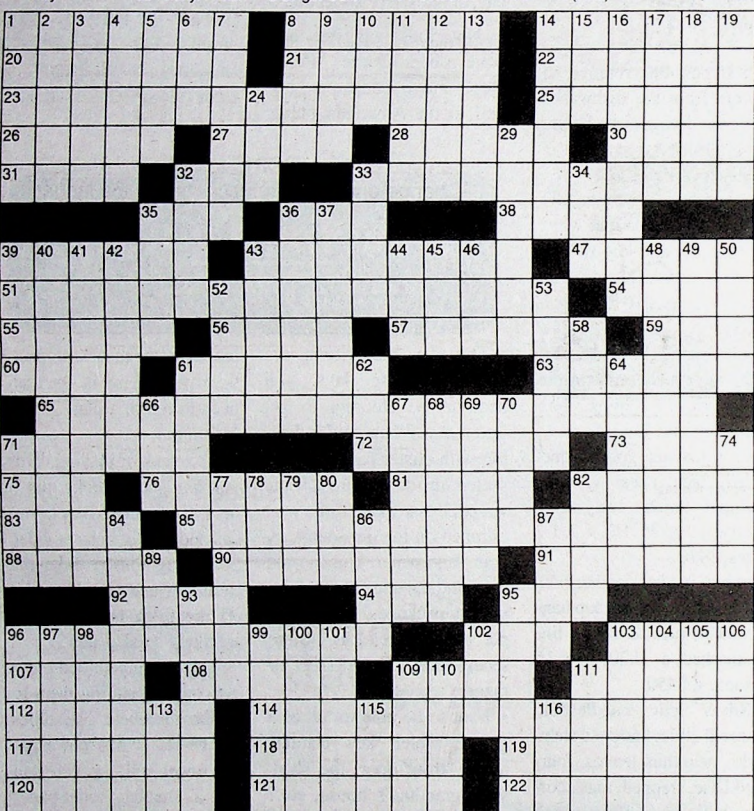
Its orientation is reversed from the rest.

Super Crossword

STUDY OF
GENESIS

ACROSS

- 1 Downhill's headwear
8 Mexican beach resort
14 Island home of Odysseus
20 University of Wyoming's city
21 Moon-landing program
22 Had to have
23 They appear before a film's first scene
25 Viewed to be
26 Cakes of cornbread
27 Indy units
28 Bichon — (white dog)
30 Stitch's cartoon friend
31 Bleating females
32 Speedy plane
33 It turns a computer on
35 Always, to bards
36 Vintage auto
38 Active Sicilian volcano
39 Holders of emergency supplies
43 Women with babies on the way
47 Puccini work
51 Gala after a presidential oath
54 Cutting noise
55 Quadrillionth: Prefix
56 — epic scale
57 Musical insensitivity
59 Sets for viewing
60 Perfume by Dana
61 Lured
63 "You Gotta Be" singer of 1994
65 Graduation address
71 Keyless, musically
72 Many a Netflix show
73 "— Dinka Doo" (Jimmy Durante tune)
75 Candy in collectible dispensers
76 "Mice" or "lice," but not "rice"
81 Blowout, e.g.
82 Look for prey, as a lion
83 Cyber-addresses
85 Membership ceremony
88 Phony: Prefix
90 Camera item for a long or short view
91 Down Under dweller
92 "Me? Never!"
94 — Cruces
95 Says "yes" to
96 Celebratory event for a rollout
102 Swung tool
103 Green gem
107 Prefix with directional
108 Cosmetician
109 Sainly
111 Birds-and-bees class
112 Stick together
114 Bible's first words (apt for this, puzzle's theme)
117 Actress
118 Quarterback great Dan
119 Flow out
120 Smallish sofa
121 Slip away
122 City in Arizona or Mexico
4 Lion features
5 French buds
6 Moral failure
7 Bowler, informally
8 Koi, e.g.
9 Clumsy sorts
10 Signal "yes"
11 Actor
12 Radical sort
13 GI's "Uh-uh!"
14 Owing money
15 PGA peg
16 Shoe lifts
17 Grant
18 Singer/rapper
19 Attach
24 Purring pet
29 "Remington"
32 Bach's "—, Joy of Man's Desiring"
33 Mediocre
34 108-card game
35 Frozen waffle brand
36 Move in circles
37 "Lose Yourself" rapper
39 Natural ability
40 Many short plays
41 Hoodwink
42 One of the four seasons
43 Wildly excited
44 Blast stuff
45 Sapporo sash
46 Prohibit
48 Just between us
49 Stream in the title of 1957's Best Picture
50 Church area
52 Horse color pattern
53 Fills with freight
58 Irish actor
61 Lawyer
62 — Moines
64 Minis, midis and maxis
66 GPS display
67 Tetley competitor
68 Bridal gown features
69 Grain towers
70 Hammer's striking end
71 Since Hector was —
74 Everybody, in Essen
77 Starts to remove a jacket, say
78 — de Janeiro
79 — Z (total)
80 Fashion designer
82 Name shared by 12 popes
84 Least cloudy
86 Join forces
87 Fall lawn tool
89 Rx writer
93 A flirtatious look
95 Element #8
96 Safe securers
97 Love, in Italy
98 Not stricken
99 — or two (on occasion)
100 Kidney-related
101 "Neon" fish
102 Schooner fill
103 One of the Bush twins
104 Around a line of symmetry
105 AI — (a bit firm)
106 Knife features
109 Birds sitting on clutches
110 Conical-bore woodwind
111 Hosiery flaw
113 GPS display: Abbr.
115 Trendy
116 "It seems to me," online



celebrity extra

by Dana Jackson

Q: I saw a picture in a magazine about Nancy Travis having a new show. What is it about, and when will it air?
— K.A.

A: Nancy Travis' breakout role came in the 1987 blockbuster hit comedy "Three Men and a Cradle," followed by its sequel three years later. It starred Tom Selleck, Ted Danson and Steve Guttenberg. She would go on to co-star with Danson in "Becker," one of Danson's many hit sitcoms. She's a talented comedic actress who has made the most out of playing the wife in sitcoms like "The Bill Engvall Show" and "Last Man Standing."

While she hasn't received any Emmy Awards or even nominations during her successful career in Hollywood, in recent years, she's found herself on a critically acclaimed show called "The Kominsky Method." The comedy series, where Travis played an acting student, won a Golden Globe Award in 2021, but alas, that was after she departed the show in 2019. Next up for Travis is the new western family drama series "Ride," which should be a surefire success on the Hallmark Channel. According to Deadline.com, Tiera Scovbye ("Riverdale") plays a former rodeo queen struggling to find her place in a powerful family

led by a "tough-as-nails family matriarch" (played by Travis). Also joining the cast are Beau Mirchoff ("Good Trouble"), Sara Garcia ("The Flash") and Jake Foy ("Designated Survivor"). Filmed in gorgeous Alberta, Canada, "Ride" will premiere on the Hallmark Channel on Sunday, March 26 at 9 p.m. ET.



Nancy Travis in "The Kominsky Method"

Photo Courtesy of Netflix

Q: I really love the show "Young Sheldon," but realize it can't go on forever. How old is the actor who plays the lead role? — J.K.

A: The CBS sitcom "Young Sheldon" is in its sixth season and has one more left on its contract with the network. It could be renewed beyond that time, but even the show's executive producer, Steve Holland, has admitted he has to start thinking about its conclusion sooner rather than later. Both the character of Sheldon Cooper and his portrayal, actor Iain Armitage, are 14 years old. The precocious Sheldon has already entered college and will eventually become the genius played by Jim Parsons on "The Big Bang Theory," which aired on CBS for 12 seasons. I would bet that seven seasons will be enough to wrap up the show while still maintaining the same level of comedy since its debut, but nothing is set in stone yet.

Q: When is "Only Murders in the Building" returning for a new season? The first two seasons were so good, so I hope the next mystery is just as compelling and hilarious. — L.A.

A: Hulu, the streaming service that carries "Only Murders in the Building," recently released a teaser of the show's upcoming season with a very special addition to the cast — three-time Oscar winner Meryl Streep. She joins the cast of the critically acclaimed series in its third season, and surely she'll fit right in with Steve Martin and Martin Short as they stumble into another murder mystery. Paul Rudd ("Quantum Leap") also returns after his cameo in the season two finale. On Aug. 8, look for the two-episode season premiere on Hulu.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-------------|-------------------|-------------|
| 1. Quebec's language | F _ _ _ _ _ | Columbo's coat | T _ _ _ _ _ |
| 2. Work with acrylics | _ A _ _ _ _ | Aim | _ O _ _ _ _ |
| 3. Running race | _ _ _ _ _ Y | Unwind | _ _ _ _ _ X |
| 4. Dog crate | _ _ _ N _ _ | Corn segment | _ _ _ R _ _ |
| 5. Bell's invention | _ _ _ _ _ E | Fake | _ _ _ _ _ Y |
| 6. Bullish outcry | _ E _ _ _ _ | Move like a cloud | _ I _ _ _ _ |
| 7. Cold-weather coat | _ _ _ _ _ A | Playgrounds | _ _ _ _ _ S |
| 8. Photo pendant | L _ _ _ _ _ | Spaceship | R _ _ _ _ _ |
| 9. Crispy sound | _ _ _ _ _ N | Support stick | _ _ _ _ _ T |
| 10. Kangaroo's pocket | P _ _ _ _ _ | Lay a hand on | T _ _ _ _ _ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

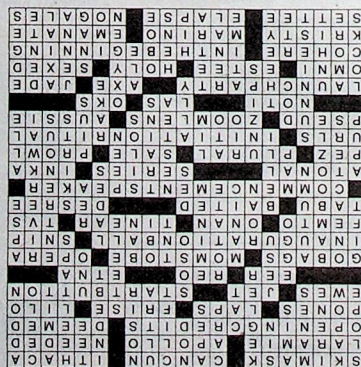
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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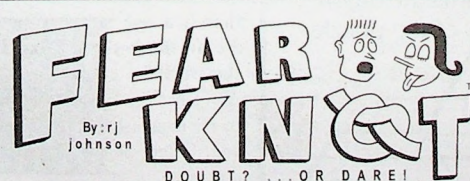
Super Crossword

Answers

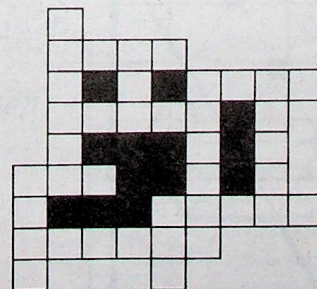


Even Exchange answers

- | | |
|-------------------|-------------------|
| 1. French, French | 5. Phone, Phony |
| 2. Paint, Point | 6. Bellow, Billow |
| 3. Relay, Relax | 7. Parka, Parks |
| 4. Kennel, Kernel | 8. Locket, Rocket |
| 9. Crunch, Crutch | 10. Pouch, Touch |



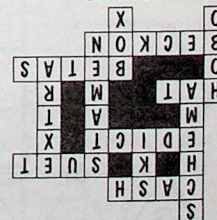
- ISK
♥ MACESH
♥ TESBA
ESTU
COBNEK
ATH
HACS
♥ TECID
OBX
♥ EMSANT
♥ ARETX
OOHB



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATH becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

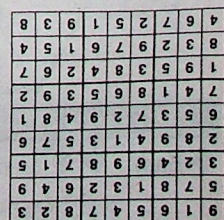
FEAR & KNOT

answer



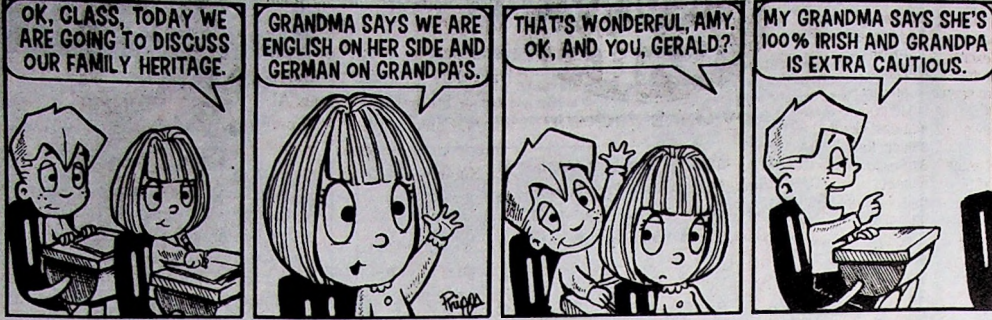
Weekly SUDOKU

Answer



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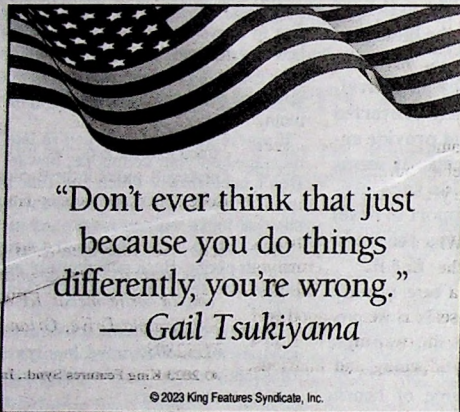
Amber Waves



Out on a Limb



Americanisms



Just Like Cats & Dogs



How to Stop Dogs From Roughhousing

DEAR PAW'S CORNER:

My girlfriend and I moved in together recently, and we each brought a dog with us. I've got a German Shepherd named Mac, and her Golden Retriever is Diz. Both are about 2 years old, and they get along fine. However, in the evenings they roughhouse in the living room. We want them to just settle down so we can watch TV. Is this possible? — Laura N., Augusta, Georgia

DEAR LAURA: It's very possible, even with younger dogs. And the sooner you establish behavior norms around a schedule, the better.

Diz's playful personality probably balances out Mac's serious working dog persona, so take advantage of this. Wear them out: Both of these

breeds are energetic. It'll be much easier to keep them calm if you take them out for a walk or a romp at a dog park for about an hour before dinner and TV time.

Set the behavior: When it's TV time, bring them into the room and give the "sit" or "lie down" and "stay" commands to each dog. Give them a treat only when they obey the commands. Correct and redirect: When the dogs begin to wrestle or steal each other's toys, tell them to stop. Call both dogs over and work on the basic commands again, then have them sit or lie down in the original spots.

Separate them: If they begin roughhousing again and no longer respond to commands, take Diz into one room and Mac into another.

This will take time and repetition. The goal is to get them to follow your commands for longer and longer periods until you no longer have to separate them. Be prepared to pause the TV and focus on their training for days or weeks. The long-term reward is worth it.

Send your tips, comments or questions to ask@pawscorner.com.

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WORD LADDERS

Can you go from COINS to SPIES in 6 words? Change one letter for each rung in the ladder.

spying

saline

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

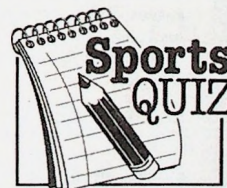
Allure
TEENCI

Lose
GOFERT

Forsake
BATERY

Annoy
SEATE

TODAY'S WORD



by Ryan A. Berenz

Major League Baseball history to have pitched no-hitters?

5. What former heavyweight boxing champion served as the referee for the controversial rematch between Muhammad Ali and Sonny Liston in 1965?

6. What Kentucky Wildcats star was selected No. 1 overall in the 2015 NBA Draft by the Minnesota Timberwolves?

7. What object did New York Giants player Phil McCracken find on the field during the postgame celebration at Super Bowl XXI?

Answers

1. Bill Singer.
2. "80 for Brady."
3. Olivia Dunne.
4. Bob and Ken Forsch.
5. Jersey Joe Walcott.
6. Karl-Anthony Towns.
7. A handgun.

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WORD LADDER

Answer

SPLINT, SPLINE, SALINE, SPYING, SPRING, SPRINT,

SCRAMBLERS

solution

BARGAIN

Today's Word

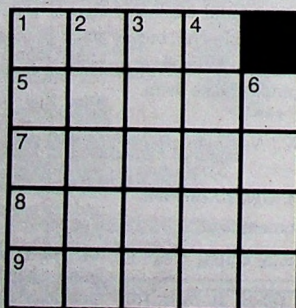
3. Betray; 4. Tease

1. Entice 2. Forget

Micro Crossword By Elizabeth C. Gorski

Across

- 1 Homes for mil. jets
- 5 "I'll Name the Dogs" country star Shelton
- 7 Stand before an artist?
- 8 Ferrari foursome
- 9 Dark purplish gray



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Down

- 1 Assists a scammer
- 2 Thrash (about)
- 3 City in southern Iraq

- 4 Sport using clay disks
- 6 "Somethin' ___" (Cannonball Adderly album)



Here's what to watch and where to watch it for the week of March 27, 2023

ON NOW: "Love Is Blind" (Season 4) — Netflix

ON NOW: "The Real Housewives: Ultimate Girls Trip" (Season 3) — Peacock

29-March: "Emergency NYC" (Docuseries) — Netflix

29-March: "Those Who Wish Me Dead" (R) — HBO Max

29-March: "The Big Door Prize" (Season 1) — AppleTV+

30-March: "Unstable" (Season 1) — Netflix

31-March: "Doogie Kamealoha, M.D." (Season 2) — Disney+

31-March: "Rye Lane" (R) — Hulu

31-March: "Murder Mystery 2" — Netflix

31-March: "The Power" (Season 1) — Amazon Prime Video

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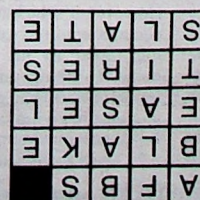
1. In April 1969, what Los Angeles Dodgers pitcher recorded the first official save in Major League Baseball history?

2. Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field starred in what 2023 comedy film about four friends who take a trip to Super Bowl LI to see their hero play?

3. Name the LSU gymnast and social media star who said, "As a woman, you're not responsible for how a man looks at you and objectifies you. That's not a woman's responsibility."

4. Who are the only brothers in

Micro Crossword Answer



MORE SUN FUN

COUCH THEATER

BY
JENI
TAVERAS

"Boston Strangler" (R) — You might've guessed from the title that this film is based on the true story of the 1960s serial killer the Boston Strangler, who had been linked to the murders of 15 women throughout Boston, Massachusetts. Told through the point of view of reporter Loretta McLaughlin (Keira Knightley), this film follows Loretta as she begins to connect the dots between each murder. As she gathers evidence alongside fellow reporter Jean Cole (Carrie Coon), not only does Loretta try to fight for the perpetrator to be brought to justice; she must also fight to be heard within her own newsroom and within a male-dominated society. Alessandro Nivola and Chris Cooper also star in "Boston Strangler," out now. (Hulu)

"Puss in Boots: The Last Wish" (PG) — Has the legendary Puss in Boots finally reached his demise? After the fearless, sword-slinging cat accidentally gets crushed by a bell, his doctor informs him that he only has one of his nine lives left. A now-humbled Puss decides to give retirement a shot, but when he hears about a magical Wishing Star that could possibly return his eight missing lives, he figures he has one last adventure in him. But, as Puss embarks on the journey to the Wishing Star with new friend Perrito and his ex-fiancee Kitty Softpaws, he must outrun Goldilocks and the Three Bears, as well as an assassin wolf who greatly longs to take Puss' last life. Antonio Banderas and Salma Hayek Pinault reprise their roles from the first "Puss in Boots" film, while new additions to the cast include Florence Pugh, Olivia Colman, John Mulaney and Wagner Moura. Out now. (Peacock)

last life. Antonio Banderas and Salma Hayek Pinault reprise their roles from the first "Puss in Boots" film, while new additions to the cast include Florence Pugh, Olivia Colman, John Mulaney and Wagner Moura. Out now. (Peacock)



Courtesy of Hulu

Keira Knightley stars as reporter Loretta McLaughlin in "Boston Strangler."

"The Night Agent" (TV-MA) — This new 10-episode action thriller series follows a low-level FBI agent named Peter Sutherland (Gabriel Basso). Peter is put in charge of manning the phone for night agents, who are a part of the secret investigative Night Action program by the FBI that operates within the White House. Peter is told by the President's Chief of Staff that this phone rarely rings, but one night, it does — with CEO Rose Larkin (Luciane Buchanan) on the other line. Rose is faced with intruders attempting to assassinate her, and Peter, as her sole protector, must run to her rescue. The two begin working side by side to uncover who is behind the mysterious plot to put Rose's head on a stake, but with all the action that ensues, Peter could be in well over his head. The first two episodes will be available to stream on March 23. (Netflix)

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Contract Bridge

THE LONG-TERM VIEW

North dealer.
North-South vulnerable.

NORTH

♠ 63
♥ Q87
♦ Q10963
♣ A K Q

WEST

♠ 2
♥ J932
♦ A72
♣ 109865

EAST

♠ A J8
♥ K1064
♦ K J85
♣ 72

SOUTH

♠ K Q 109754
♥ A5
♦ 4
♣ J43

The bidding:

North	East	South	West
1♦	Pass	1♠	Pass
1NT	Pass	4♠	Pass

Opening lead — ten of clubs.

Let's say you're declarer at four spades, and West leads the ten of clubs. You win with dummy's queen, East playing the seven, and lead a trump to the king, which also wins.

The correct play at this point is the four of diamonds, and if you make this play, you make the contract. In order to appreciate the importance of the diamond play, let's assume instead that you cross to dummy with a club

at trick three in order to lead another trump toward your queen.

In that case, East would go up with the ace and return a diamond to West's ace. West, having observed his partner's high-low in clubs to show a doubleton, would return a club for East to ruff. East would then play the king of diamonds, which you would ruff, but you'd eventually lose a heart to East's king for down one.

If you lead a diamond at trick three, however, you forestall the club ruff. The purpose of the diamond play is to break East-West communication in that suit before a ruffing situation in clubs can develop.

Once you lead the diamond, the defense is helpless. East probably wins the trick and returns the deuce of clubs, completing his high-low, but he then has no way to put West on lead later for a third round of clubs.

It might seem, at first blush, that the early diamond play is pointless. However, it's the kind of play that any declarer who recognizes the impending threat to his contract should make. To plunge ahead without trying to head off the potential club ruff amounts to giving the play something less than a maximum effort.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

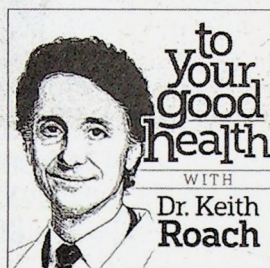
RIDDLE SEARCH — ACTION VERBS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What does the Easter bunny do to stay active?

BATHE
CLIMB
DANCE
GO SAILING
GRAB
JUMP
KNIT
MOVE
PRESS
RACE
SCREAM
SHOP
SIT DOWN
SQUEAL
SQUEEZE
STAND UP
TAKE A JOG
TWIRL
WAKE UP
WALK
WORK

S	Q	U	E	A	L	B	A	R	G
Q	T	E	E	V	O	M	S	G	T
U	B	A	T	H	E	I	C	W	A
E	G	S	N	E	T	L	R	A	K
E	C	N	A	D	R	C	E	K	E
Z	S	H	O	P	U	C	A	E	A
E	T	W	I	R	L	P	M	U	J
C	N	I	A	S	S	E	R	P	O
A	G	N	I	L	I	A	S	O	G
R	S	W	O	R	K	N	I	T	E

Riddle answer: _____



Men With Factor V Leiden Can Still Receive Testosterone Therapy

DEAR DR. ROACH: I have been wanting to do testosterone replacement therapy. I have heard that testosterone causes blood clots. Obviously, with FVL, that would be a huge deal for me. Is this true? Does it cause clots, or is it safe for me to do? -- R.C.

ANSWER: Factor V Leiden is a common genetic variant that increases a person's risk for developing a blood clot. However, a person who has never had a blood clot, but who is identified as heterozygous (meaning they only have one copy of the gene) for factor V Leiden, is still not likely to have a blood clot during their lifetime and is not recommended for treatment to prevent a blood clot.

Testosterone replacement therapy in men with FVL does increase the risk of blood clots in some studies, but not in others. In the studies that have shown an increase in risk, the risk has been estimated as approximately one person per thousand treated with testosterone each year. However, the risk occurs mostly during the first three months, and after two years on treatment, there is no additional risk. Thus, roughly one man per 500 who has FVL and gets treated with testosterone will get a clot, according to the studies that show an increase in risk.

This is a small risk, but a blood clot is a significant potential problem. So, the risk of getting a clot should certainly go into the discussion about whether to give testosterone replacement to a man with FVL and symptomatic low testosterone levels. Most of the men I have seen with this issue have elected to take the replacement.

DEAR DR. ROACH: I would like to hear your views on the use of medium chain triglycerides (MCT) to slow down memory loss and dementia. Several articles I have read extol the biological process of MCTs, which -- when ingested by an individual -- are quickly converted into ketones that provide energy to brain cells. It seems logical to provide such neurobiological support to brain cells, to help keep the brain working longer. -- K.J.W.

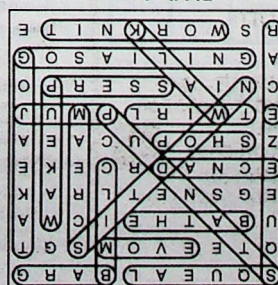
ANSWER: There is some evidence that MCTs slow progression of dementia in people with Alzheimer's disease, although the degree of benefit seen was small. There is no evidence that ingesting MCTs will prevent a person from getting dementia in the first place.

Not every treatment that is used to treat a condition will be effective at preventing it. My opinion, based on what is known about what causes Alzheimer's and other forms of dementia, is that MCTs are not likely to prevent them, but they may be useful at slowing progression of the disease in people with existing dementia.

I want to emphasize that the benefit appears to be small. Of course, there aren't any treatments right now (not even the prescription medications for Alzheimer's disease) that dramatically improve Alzheimer's, so MCTs may be worth trying. They are generally well-tolerated and can be taken as a powder or an oil, but may cause nausea or diarrhea in a few people who take them.

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Eggs-ercise:
Riddle Answer:



SENIOR NEWS LINE

by Matilda Charles

Scam Messages on Cellphones

Somewhat my cellphone number ended up on somebody's list. Now I'm receiving daily text messages saying that my Amazon Prime account is about to be canceled for nonpayment — unless I immediately click the link and give them my credit card number. Some of the messages say the account has already been canceled but I can get it back by — you guessed it — giving them my credit card number within an hour.

I don't think so. I'm on a phone list for Netflix as well. I called Netflix and no, my account is not about to be suspended. Said the representative: "You're on automatic pay. If somehow a payment isn't made, it's our fault for not processing it."

I have a few accounts on auto pay, and I think I'll change some others. Another reason to switch to the auto pay is the horrid mail service lately. The Post Office can't keep people, and the ones they have are spread so thin that we're lucky to get mail delivery three times per week. Which means that bills are late to arrive and mail waiting in the box is late getting picked up, which also means that sometimes a late fee is tacked on to the next month's payment.

If you're getting those "you're late" messages on your cellphone, beware. Don't accidentally touch the link in the message. It will take you to a website that looks real but is not, and just connecting to it can download a virus on your phone. Back out carefully and delete the text message. Take your time.

Don't try to contact the scammers to ask to be taken off their list. It only verifies that yours is a good number and it will be sold to others.

If you want to report these scams, go to reportfraud.ftc.gov.

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1. Who released the English translation of "Seemann (Deine Heimat ist das Meer)" in 1960?
2. Who topped the charts with "The Way You Make Me Feel"?
3. Which artist wrote and released "Lean on Me"?
4. Roger Daltrey is the lead singer of which band?
5. Name the song that contains these lyrics: "I'll go it alone, that's how it must be, I can't be right for somebody else if I'm not right for me."

Answers

1. Anne Shelton, who had a Top Ten version with "Sailor (Your Home is the Sea)." Then Anne Murray released a chart topper with her own version.
2. Michael Jackson. In 1987. The song first appeared on his album "Bad."
3. Bill Withers, in 1972. It came in at No. 208 on The 500 Greatest Songs of All Time list in 2010. The list has been updated periodically, most recently in 2021.
4. The Who. Daltrey made his first guitar when he was 13 years old and modeled it after a red Stratocaster.
5. "I've Gotta Be Me," by Sammy Davis Jr., in 1968. The song was used in the musical "Golden Rainbow." In more recent years the song has been used in soda and vehicle commercials.

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Puzzles4Kids
Answer

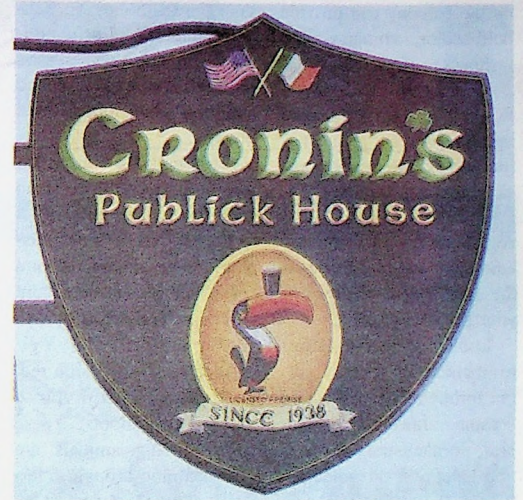


ST. PATRICK'S DAY was recently celebrated at Cronin's Publick House, 23 DesMoines Rd., Quincy, with a variety of activities. Here Quincy Firefighter Mike Griffith and his daughter, Merri, spend some time with Pete the Connemara Pony.



BAGPIPER KEVIN GLYNN entertains at Cronin's Publick House. Courtesy Photos

St. Patrick's Day At Cronin's Publick House



NEW HAND PAINTED sign was recently unveiled at Cronin's Publick House.

Quincy Student In Saint Paul's Choir Chorus Releases New Album

The Boys of Saint Paul's Choir School have released a new album entitled "Gabriel Fauré Requiem & Other Masterworks."

Among the choir members appearing on the album is Isaac Tsang of Quincy. He is an 8th grader at St. Paul's Choir School.

Presenting fresh arrangements of music by Gabriel Fauré (1845-1924), starting with the French composer's ever-touching Requiem, The Boys of St. Paul's Choir School gives new life to one of the most beloved pieces

of the late Romantic-era choral repertoire. Also featured is the debut recording of the composer's early, lyrical Cantique de Jean Racine, appearing in a new orchestration. In addition, the album includes a trio of original works composed by James Kennerley, the choir director of Saint Paul's, which help demonstrate the range of vibrant musical offerings central to Saint Paul's. Recorded by multiple Grammy-winner Brad Michel in the rich acoustics of Saint Paul's Church in

Cambridge, Massachusetts, the singers teamed with the chamber orchestra which features members of the Boston Symphony to produce the intimate spirit ideal for Fauré's music and the other selections.

About Gabriel Fauré Requiem & Other Masterworks, Kennerley writes: "The theme of this album's program was drawn from an image of the Requiem text, "lux perpetua" — perpetual light — symbolic of the everlasting peace in Heaven, but also the immense beauty

which our boy choristers bring to tens of thousands of people each year through their daily singing of the Mass and Vespers, along with concerts, recordings and international tours. Saint Paul's in Harvard Square was founded in 1875 and celebrates its 150th anniversary in 2025. The Saint Paul's Choir School was founded by Theodore Marier in 1963, marking its 60th anniversary this year. To

celebrate the Choir School's 60th anniversary, St. Paul's, Harvard Square will release this new recording, as well as an upcoming October release of their signature Christmas music.

Producer-engineer Brad Michel, who has shepherd-ed hundreds of acclaimed classical recordings into the world over the past 30-plus years, also helmed a previous Saint Paul's Choir recording, Ave Maria, released

in 2017. He is full of praise for the boy choristers. "It's a pleasure to experience the youthful energy and raw talent of these boys," he says. "There are also a lot of distinctive colors in this performance of the Requiem — I think it'll sound quite a bit different from most other recordings of the piece."

"Gabriel Fauré Requiem & Other Masterworks" is available from the Sophia Music Group.



THE BOYS OF Saint Paul's Choir School have released a new album entitled "Gabriel Fauré Requiem & Other Masterworks." Among the members of the choir is Isaac Tsang (center) of Quincy. Photo Courtesy Julia Monaco

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Elevate Your Garden's Beauty With Jewel-Tone Plants

By MELINDA MYERS

Bring the beauty of your favorite gemstones into the garden and your outdoor living space with the help of jewel-toned plants. Even a pot of these beauties placed on the balcony can provide bold color, vibrancy, and lushness to any space.

Select plants with leaves, flowers, or both in the saturated colors of gemstones like rubies, amethyst, topaz, sapphire, and turquoise. Select plants with colors that complement your home and landscape and will thrive in the growing conditions in your gardening space.

Look for opportunities to include these rich colors throughout the growing season. Jewel-toned pansies, ornamental cabbage and kale, and calendula are a few plants that thrive in cooler weather, providing welcome color before other plants appear or have faded in the summer heat.

As temperatures rise, include rich yellows and oranges of Rudbeckias and sunflowers. Add a showy and exotic look to the garden with Crocosmia. Plant Lucifer for bright red flowers, Prince of Orange for its red-orange blooms,

and George Davidson for an added touch of yellow. Check out the many colorful varieties of dahlias and gladiolus that grow well in the garden and containers and make great additions to your garden bouquets. Cana's bold and colorful foliage is impressive all season long and is sure to command attention when topped with flowers.

Add colorful zinnias for season-long color. You can start them from seed right in the garden or buy transplants for earlier bloom. Look for disease-resistant varieties and those with bold colors like Benary's giant deep red, Profusion red, and Double Zahara Fire's orange-red blooms. These sunny loving annuals are also heat and drought-tolerant, making them perfect for low-maintenance gardens.

Plant some tall Mexican sunflowers in the back of the garden. Consider Fiesta Del Sol, a more compact variety, if you want something shorter and more compact. No matter which you grow, you and the pollinators will enjoy the orange blooms.

Keep the color going with summer to fall blooming Helenium which is har-

dy in zones three to eight. Hot Lava is topped with fire engine red flowers while Butterpat has vibrant yellow blossoms.

Coral bells come in a wide variety of leaf colors, making it easy to include jewel tones all season long. Many shade-tolerant hostas have deep green foliage that provides the perfect backdrop for other flowers.

Combining complementary colors that appear opposite of each other on the artist's color wheel creates an eye-catching display. Dark colors can easily disappear in the background or shade. Teaming them with a complementary colored plant or light background can help them pop. A combination of purple-leaved bugbane and the fine chartreuse foliage of Hakone grass, for example, allows both plants to shine while creating a splendid display.

Make sure the plants you combine are equally bold, so each adds to the overall design. Mix in some green foliage to provide a bit of color relief. Too much of a good thing, including vibrant colors, can overpower the landscape and create a somewhat chaotic feel.



BLUE BY YOU salvia has rich blue blossoms from late spring into fall, attracting butterflies and hummingbirds.

Photo Courtesy All-America Selections

Make notes on the plants and combinations you want to repeat next year. Note those that didn't perform to your expectations and don't need to be repeated. If you decide to expand upon this theme, be sure to add some jewel-toned, spring-flowering bulbs like tulips and

hyacinths to the landscape this fall.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses* "How to

Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com

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